Refuse:0%

		AMO	unt in 100	u grains	oi eaii	ne por tic	<u> </u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean S	td. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	7.40		0		1		0.55	2.74		
Energy	kcal	353		0		1		26	131		
Energy	kJ	1477		0		1		109	546		
Protein	g	19.90		0		1		1.47	7.36		
Total lipid (fat)	g	1.40		0		1		0.10	0.52		
Ash	g	5.10		0	NR	4		0.38	1.89		
Carbohydrate, by difference	g	66.20		0	NC	4		4.90	24.49		
Fiber, total dietary	g	0.4		0		4		0.0	0.1		
Sugars, total	g	65.80		0	NR	4		4.87	24.35		
Starch	g										
Minorola											
Minerals:	m.c	225		^		4		27	105		
Calcium, Ca	_	285		0		1 1		21	105		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	12.82 228		0		1		0.95 17	4.74 84		
0 , 0	_	228 427		0		1		32	158		
Phosphorus, P Potassium, K		947		0		1		70	350		
Sodium, Na	_	385		0		1		28	142		
Zinc, Zn	_	8.55		0		1		0.63	3.16		
Copper, Cu	_	1.425		0		1		0.105	0.527		
Manganese, Mn											
Selenium, Se		12.1		0	BFPN	4		0.9	4.5		
,											
<u>Vitamins:</u>				_		_					
Vitamin C, total ascorbic acid	-	76.9 0.850		0 0		1 1		5.7	28.5		
Thiamin		0.850		0		1		0.063	0.315		
Riboflavin	_	14.240		0		1		0.015 1.054	0.074 5.269		
Niacin Pantothenic acid	_	11.210		U		_		1.034	5.209		
Vitamin B-6	-	1.140		0		1		0.084	0.422		
Folate, total	_	285		0		1		21	105		
Folic acid		285		0	NR	4		21	105		
Folate, food		0		0	Z	7		0	0		
Folate, DFE		485		0	NC	4		36	179		
Choline, total		148.4		0	RA	4		11.0	54.9		
Betaine											
Vitamin B-12	_	1.71		0		1		0.13	0.63		
Vitamin B-12, added		1.00		0	0	4		0.07	0.37		
Vitamin A, RAE		625		0	0	4		46	231		
Retinol		625		0	0	4		46	231		
Carotene, beta	µg	0		0	Z	7		0	0		
Carotene, alpha	µg	0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU	<u>I</u> U	2083		0	0	4		154	771		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		9.37		0	NR	4		0.69	3.47		
Vitamin E, added	_	9.37		0	NR	4		0.69	3.47		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	_										
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta		^ ^		^		7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z Z	7 7		0.0	0.0		
Vitamin D				0	0	4		-	0		
Vitamin K (phylloquinone)		90.0		U	U	4		6.7	33.3		
Dihydrophylloquinone	µg µg										

		<u>Am</u>	ount in 10	00 grams	of edi	ble portion	<u>1</u>	Amount in e	edible portion o	of common_
				Number				m	easures of foo	d
						Source C	onfidonoo	_		_
Nutrients and Units		Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	a	0.5	60	0		4		0.041	0.207	
4:0		0.0		0		4		0.001	0.004	
6:0	•	0.0		0		4		0.000	0.001	
8:0	_	0.0		0		4		0.000	0.001	
10:0		0.0		0		4		0.000	0.001	
		0.0		0		4		0.000	0.002	
12:0		0.0	03	U		*		0.000	0.001	
13:0	_	0.0	22	0		4		0.002	0.009	
14:0		0.0	23	U		*		0.002	0.009	
15:0			0.5	•		4				
16:0		0.2	86	0		4		0.021	0.106	
17:0				•						
18:0	_	0.2	16	0		4		0.016	0.080	
20:0										
22:0										
24:0										
Fatty acids, total monounsaturated		0.3	14	0		4		0.023	0.116	
14:1										
15:1										
16:1 undifferentiated	g	0.0	08	0		4		0.001	0.003	
17:1	g									
18:1 undifferentiated	g	0.3	02	0		4		0.022	0.112	
20:1	g	0.0	00	0		4		0.000	0.000	
22:1 undifferentiated	g	0.0	00	0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.2	78	0		4		0.021	0.103	
18:2 undifferentiated	g	0.2	47	0		4		0.018	0.091	
18:3 undifferentiated	g	0.0	31	0		4		0.002	0.011	
18:4	g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	g	0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0		4		0.000	0.000	
21:5	_									
22:4	_									
22:5 n-3 (DPA)		0.0	00	0		4		0.000	0.000	
22:6 n-3 (DHA)	_	0.0		0		4		0.000	0.000	
Fatty acids, total trans		3.0		-		=		2.200	3.300	
Cholesterol	_	12		0		4		1	4	
Phytosterols				J		•		-	-	
Others:	-									
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		25		0	BFZN	4		2	9	
	-	290		0	BFZN	4		21	107	
Theobromine	riig	290		U	BFZN	4		21	107	

Common Measures:

Measure 1 = 7.4g: 1 tbsp Measure 2 = 37g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amo	<u>unt in 10</u>	u gram s	ot ear	Die portio	<u>)11</u>	Amount in edible portion of common		
				Number				m	easures of fo	od
						Source	Confidence			
Nutrients and Uni	te	Mean S	td. Error				Code	Measure 1	Measure 2	Measure
Nati lents and on		Weari C	ка. 🗖 гог					weasure i	WCd3uIC Z	Wedsure
Proximates:										
Water	g	7.40		0		4		0.41	1.48	
Energy	kcal	358		0		1		20	72	
Energy	kJ	1498		0		1		84	300	
Protein	g	35.80		0		1		2.00	7.16	
Total lipid (fat)	g	5.10		0		1		0.29	1.02	
Ash	g	10.70		0	NR	4		0.60	2.14	
Carbohydrate, by difference	g	41.00		0	NC	4		2.30	8.20	
Fiber, total dietary		2.0		0		4		0.1	0.4	
Sugars, total	g	39.00		0	NR	4		2.18	7.80	
Starch										
	_									
Minerals:								_		
Calcium, Ca	_	500		0		1		28	100	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.30		0		1		0.13	0.46	
Magnesium, Mg		410		0		1		23	82	
Phosphorus, P		500		0		1 4		28 95	100 341	
Potassium, K Sodium, Na	_	1705 717		0		1		95 40	143	
Zinc. Zn	_	15.40		0		1		0.86	3.08	
Copper, Cu		2.600		0		1		0.146	0.520	
Manganese, Mn		2.000		Ū		-		0.140	0.520	
Selenium. Se.	_	21.8		0	BFPN	4		1.2	4.4	
,	49	21.0		ŭ	2111	-			•••	
Vitamins:										
Vitamin C, total ascorbic acid	_	138.0		0		1		7.7	27.6	
Thiamin	_	1.500		0		1		0.084	0.300	
Riboflavin	_	0.350		0		1		0.020	0.070	
Niacin	_	25.600		0		1		1.434	5.120	
Pantothenic acid	_									
Vitamin B-6	_	2.000		0		1		0.112	0.400	
Folate, total		500		0		1		28	100	
Folic acid		500		0	NR	4		28	100	
Folate, food		0		0	Z	7		0	0	
Folate, DFE		850		0	NC	4		48	170	
Choline, total		266.9		U	BFPN	4		14.9	53.4	
Betaine	_	3.10		0		1		0.17	0.60	
Vitamin B-12		2.00		0	т	4		0.17	0.62 0.40	
Vitamin B-12, added		2686		0	NC	4		150		
Vitamin A, RAERetinol		2686		0	NR NR	4		150	537 537	
		5		0	NR NR	4		0	1	
Carotene, beta		0		0	Z	7		0	0	
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		8962		0	NC	4		502	1792	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		16.88		0	NR	4		0.95	3.38	
Vitamin E (alpha-tocopheror)		16.88		0	NR	4		0.95	3.38	
Tocopherol, beta				-						
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	120.0		0	T	4		6.7	24.0	
vitanini K (phynoquinone)										

of Data Deriv Source Confidence		Amount in	100 grams of e	dible portion		Amount in edible portion of common measures of food		
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 1			Number				<u>, u</u>	
Firmy acids, total saturated. 9 2.162 0 4 0.022 0.002 0.007 4-0.002 0.007 4-0.002 0.007 4-0.002 0.007 4-0.002 0.007 4-0.001 0.002 0.007 8-0.009 0 4 0.001 0.002 0.002 0.009 0 4 0.001 0.002 0.002 0.009 0 4 0.001 0.002 0.002 0.009 0 4 0.001 0.002 0.002 0.004 0.001 0.002 0.002 0.002 0.001 0.002 0.	Nutrients and Units	Mean Std. Er				Measure 2	Measure 3	
4-0	Lipids:							
60	Fatty acids, total saturated	2.162	0	4	0.121	0.432		
8.0	4:0g	0.036	0	4	0.002	0.007		
10-0	6:0g	0.009	0	4	0.001	0.002		
12-0. 9	8:0g	0.009	0	4	0.001	0.002		
13:0.	10:0g	0.019	0	4	0.001	0.004		
14-0	12:0g	0.010	0	4	0.001	0.002		
15:0. 9	13:0g							
1.100 G	14:0g	0.085	0	4	0.005	0.017		
17:0								
18:0	16:0g	1.100	0	4	0.062	0.220		
20:0	17:0g							
22-0		0.841	0	4	0.047	0.168		
Patty acids, total monounsaturated. 9								
Fatty acids, total monounsaturated	_							
14:1								
15:1		1.189	0	4	0.067	0.238		
16:1 undifferentiated								
17:1	_							
18:1 undifferentiated 9 1.147 0 4 0.064 0.229 20:1 9 0.000 0 7 0.000 0.000 22:1 undifferentiated 9 0.000 0 7 0.000 0.000 24:1 c		0.031	0	4	0.002	0.006		
20:1			•					
22:1 undifferentiated			-	=				
24:1 c								
Fatty acids, total polyunsaturated. 9 1.027 0 4 0.058 0.205 18:2 undifferentiated. 9 0.911 0 4 0.051 0.182 18:3 undifferentiated. 9 0.114 0 4 0.006 0.023 18:4 0.000 0 7 0.000 0.000 20:2 n-6 c.c. 9 20:3 undifferentiated. 9 0.000 0 7 0.000 0.000 20:5 n-3 (EPA). 9 0.000 0 7 0.000 0.000 21:5 9 22:4 9 22:4 9 22:5 n-3 (DPA). 9 0.000 0 7 0.000 0.000 22:6 n-3 (DHA). 9 0.000 0 7 0.000 0.000 Fatty acids, total trans. 9 Cholesterol. mg 44 0 4 2 9 Phytosterols. mg Others: Alcohol, ethyl. 9 0.00 0 0 2 7 0.0 0 0.00	<u> </u>	0.000	U	7	0.000	0.000		
18:2 undifferentiated		1 005	•					
18:3 undifferentiated			-	=				
18:4	_			=				
20:2 n-6 c,c								
20:3 undifferentiated	-	0.000	U	,	0.000	0.000		
20:4 undifferentiated								
20:5 n-3 (EPA) g 0.000 0 7 0.000 0.000 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 7 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 7 0.000 0.000 Fatty acids, total trans g Cholesterol mg 44 0 4 2 9 Phytosterols mg Others: Alcohol, ethyl g 0.00 0 z 7 0.00 0.00		0.000	0	7	0.000	0 000		
21:5	-							
22:4		0.000	U	,	0.000	0.000		
22:5 n-3 (DPA)								
22:6 n-3 (DHA) g 0.000 0 7 0.000 0.000 Fatty acids, total trans g Cholesterol mg 44 0 4 2 9 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 z 7 0.0 0.0 0.0		0.000	0	7	0 000	0.000		
Fatty acids, total trans	` /			=				
Cholesterol		******	·	•	3.000	0.500		
Others: Alcohol, ethyl	-	44	0	4	2	9		
Others: Alcohol, ethyl	=		-	-	_	-		
Alcohol, ethyl	Others							
·		0.0	0 7	7	0.0	0 0		
Califolic								
Theobrominemg 608 0 BFAN 4 34 122								

Common Measures:

Measure 1 = 5.6g: 1 tbsp Measure 2 = 20g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in 10			ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of foo	<u>Ju</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	а	12.8	0	0		4		0.90	2.69	
Energy		329		0	NC	4		23	69	
Energy		1377		0	NC	4		96	289	
Protein		23.5	0	0		4		1.65	4.94	
Total lipid (fat)	-	2.6		0		4		0.18	0.55	
Ash		8.2		0	NR	4		0.57	1.72	
Carbohydrate, by difference		52.9	0	0		4		3.70	11.11	
Fiber, total dietary		1.6		0		4		0.1	0.3	
Sugars, total		51.3	0	0	NR	4		3.59	10.77	
Starch		52.15			-1-1	-		3.33	20.77	
Starch	9									
Minerals:										
Calcium, Ca	<u>m</u> g	880		0		4		62	185	
Iron, Fe	mg	7.7	0	0		4		0.54	1.62	
Magnesium, Mg	mg	200		0		4		14	42	
Phosphorus, P		150		0		4		11	32	
Potassium, K	mg	2200		0		4		154	462	
Sodium, Na	_	780		0		4		55	164	
Zinc, Zn	_	3.6		0		4		0.25	0.76	
Copper, Cu		0.8	00	0		4		0.056	0.168	
Manganese, Mn										
Selenium, Se	µg	14.3		0	BFPN	4		1.0	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		4		0.1	0.3	
Thiamin	mg	0.1	10	0		4		0.008	0.023	
Riboflavin	mg	0.3	40	0		4		0.024	0.071	
Niacin	mg	1.2	50	0		4		0.088	0.263	
Pantothenic acid	mg									
Vitamin B-6	mg	0.1	10	0		4		0.008	0.023	
Folate, total	µg	42		0		4		3	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	42		0		4		3	9	
Folate, DFE	µg	42		0	NC	4		3	9	
Choline, total	mg	106.7		0	BFSN	4		7.5	22.4	
Betaine	mg									
Vitamin B-12	µg	2.3	9	0		4		0.17	0.50	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	246		0	NC	4		17	52	
Retinol		243		0	NR	4		17	51	
Carotene, beta	µg	39		0	NR	4		3	8	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU		875		0	NC	4		61	184	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.0		0	BFFN	4		0.00	0.01	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta		0.0		0		7		0.0	0 0	
Vitamin D (D2 + D3)		0.0			Z Z	7		0.0	0.0	
Vitamin D				0					0	
Vitamin K (phylloquinone) Dihydrophylloquinone		0.2		U	BFFN	4		0.0	0.0	
LUDVATORNYHOAHINORE	µy									

		<u>Am</u>	ount in 10			ble portion	<u>1</u>		edible portion of easures of foo	
				Number	•			<u> </u>	easures or roc	<u>ou</u>
						Source C	onfidence			
Nutrients and Unit	s	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	2.0	59	0		4		0.144	0.432	
4:0		0.0	42	0		4		0.003	0.009	
6:0	g	0.0	19	0		4		0.001	0.004	
8:0	g	0.1	40	0		4		0.010	0.029	
10:0	g	0.1	24	0		4		0.009	0.026	
12:0	g	0.7	89	0		4		0.055	0.166	
13:0	g									
14:0	g	0.3	77	0		4		0.026	0.079	
15:0	g									
16:0	g	0.4	06	0		4		0.028	0.085	
17:0	g									
18:0	g	0.1	33	0		4		0.009	0.028	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.3	32	0		4		0.023	0.070	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.0	24	0		4		0.002	0.005	
17:1										
18:1 undifferentiated		0.2	94	0		4		0.021	0.062	
20:1		0.0	00	0		4		0.000	0.000	
22:1 undifferentiated	g	0.0	00	0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.0	60	0		4		0.004	0.013	
18:2 undifferentiated	g	0.0	51	0		4		0.004	0.011	
18:3 undifferentiated	_	0.0		0		4		0.001	0.002	
18:4	g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.0		0		4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0		4		0.000	0.000	
21:5										
22:4	-									
22:5 n-3 (DPA)		0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0		4		0.000	0.000	
Fatty acids, total trans	_							_		
Cholesterol	-	14		0		4		1	3	
Phytosterols	mg									
Others:										
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 7.0g: 1 tbsp Measure 2 = 21g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amo	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source (Confidence	_		_	
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	0.24		1		1		0.03	0.49		
Energy		876		0	NC	4		112	1796		
Energy		3665		0		4		469	7514		
Protein (N x 6.38)		0.28		1		1		0.04	0.57		
Total lipid (fat)		99.48		1		1		12.73	203.93		
Ash	-	0.00		1		1		0.00	0.00		
Carbohydrate, by difference	-	0.00		0		1		0.00	0.00		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		0.00		0	NR	4		0.00	0.00		
Starch		0.00		ŭ	1120	-		0.00	0.00		
Minerals:											
Calcium, Ca	ma	4		0		4		0	8		
Iron. Fe	-	0.00		0		4		0.00	0.00		
Magnesium, Mg		0		0		4		0	1		
Phosphorus, P		3		0		4		0	6		
Potassium, K	-	5		0		4		1	10		
Sodium, Na		2		0		4		0	3		
Zinc, Zn	mg	0.01		0		4		0.00	0.02		
Copper, Cu	mg	0.00	1	0		1		0.000	0.002		
Manganese, Mn	mg	0.00	0	0		1		0.000	0.000		
Selenium, Se	µg	0.0		0	Z	7		0.0	0.0		
Vitamins:_											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0		
Thiamin	mg	0.00	1	0		4		0.000	0.002		
Riboflavin	mg	0.00	5	0		4		0.001	0.010		
Niacin	mg	0.00	3	0		4		0.000	0.006		
Pantothenic acid	mg	0.01	0	0		4		0.001	0.021		
Vitamin B-6	mg	0.00	1	0		4		0.000	0.002		
Folate, total	µg	0		0		4		0	0		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	0		0		4		0	0		
Folate, DFE	µg	0		0	NC	4		0	0		
Choline, total	mg	22.3		0	BFSN	4		2.9	45.7		
Betaine											
Vitamin B-12		0.01		0		4		0.00	0.02		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		840		0	NC	4		108	1722		
Retinol		824		0	T	4		105	1689		
Carotene, beta		193		0	BFFN	4		25	396		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		3069		0	NC	4		393	6291		
Lycopene		0		0	z z	7 7		0	0		
Lutein + zeaxanthin		2.80		0	4	4		0.36	0 5.74		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	z	4 7		0.36	0.00		
Tocopherol, beta	-	0.00		U	2	,		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocoprierol, delta Tocotrienol, alpha											
Tocotrienol, aipna											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0	0.0		
Vitamin D		0		0	BFFN	4		0	0		
Vitamin D Vitamin K (phylloquinone)		8.6		0	BFFN	4		1.1	17.6		
		0.0		U	DEFIN	-		***	17.0		
Dihydrophylloquinone Menaquinone-4											

	<u>An</u>	ount in 10	00 grams	of edi	ble portion	Amount in 6	edible portion	of common
			Number				easures of foo	
					Source Confidence			
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	61.9		0		1	7.926	126.944	
4:0g	3.2		0		1 1	0.413	6.613	
6:0g 8:0g	1.9 1.1		0		1	0.244 0.142	3.916 2.280	
10:0g	2.4		0		1	0.319	5.115	
12:0g	2.7	93	0		1	0.358	5.726	
13:0g								
14:0g	10.0	05	0		1	1.281	20.510	
15:0g 16:0g	26.1	66	0		1	3.349	53.640	
17:09					-	3.313	33.010	
18:0g	12.0	56	0		1	1.543	24.715	
20:0g								
22:0g 24:0g								
Fatty acids, total monounsaturated9	28.7	'32	0		1	3.678	58.901	
14:19						510.0	301702	
15:1g								
16:1 undifferentiatedg	2.2	28	0		1	0.285	4.567	
17:1	25.0	26	0		1	3.203	51.303	
20:1g	0.0		0		1	0.000	0.000	
22:1 undifferentiatedg	0.0		0		1	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	3.6		0		1	0.473	7.573	
18:2 undifferentiated	2.2 1.4		0		1 1	0.288 0.185	4.606 2.966	
18:3 undifferentiatedg 18:4g	0.0		0		1	0.185	0.000	
20:2 n-6 c,cg					-	0.000		
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.0		0		1	0.000	0.000	
20:5 n-3 (EPA)g	0.0	000	0		1	0.000	0.000	
21:5g 22:4g								
22:5 n-3 (DPA)g	0.0	00	0		1	0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		1	0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	256	0.	000 19		1	33	525	
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.0		0		4 4	0.001 0.002	0.008 0.027	
Threonine	0.0		0		4	0.002	0.027	
Leucine	0.0		0		4	0.003	0.055	
Lysineg	0.0	22	0		4	0.003	0.045	
Methionineg	0.0		0		4	0.001	0.014	
Cystineg	0.0		0		4	0.000	0.006	
Phenylalanine	0.0		0		4 4	0.002 0.002	0.029 0.029	
Valineg	0.0		0		4	0.002	0.039	
Arginineg	0.0	10	0		4	0.001	0.021	
Histidineg	0.0		0		4	0.001	0.016	
Alanineg	0.0		0		4	0.001	0.021	
Aspartic acid	0.0		0		4 4	0.003 0.008	0.043 0.121	
Glycine9	0.0		0		4	0.001	0.012	
Prolineg	0.0		0		4	0.003	0.055	
Serineg	0.0	15	0		4	0.002	0.031	
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0		0		7	0.0	0.0	
Caffeinemg	0		0	Z	7	0	0	

NDB No. 01003 Butter oil, anhydrous

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp Measure 2 = 205g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	am s	ot edi	ble portion		edible portion	
			Nun	nber			<u>m</u>	easures of foo	<u>od</u>
			of l	Data	Deriv	Source Confidence	е		
Nutrients and Unit	ts	Mean St	d. Error Po	ints	Code	Code Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	15.87	0.061	522		1	0.79	2.25	36.02
Energy		717		0	NC	4	36	102	1627
Energy	kJ	2999		0	NC	4	150	426	6808
Protein (N x 6.38)	g	0.85	0.074	16		1	0.04	0.12	1.93
Total lipid (fat)	g	81.11	0.065	580		1	4.06	11.52	184.12
Ash	g	2.11	0.054	35		1	0.11	0.30	4.79
Carbohydrate, by difference	g	0.06		0	NC	4	0.00	0.01	0.14
Fiber, total dietary	g	0.0		0		4	0.0	0.0	0.0
Sugars, total	g	0.06		0	NR	4	0.00	0.01	0.14
Starch	g								
Minerals:									
Calcium, Ca	mg	24	0.789	17	A	1	1	3	55
Iron, Fe	mg	0.02	0.011	18	A	1	0.00	0.00	0.04
Magnesium, Mg	mg	2	0.047	18	A	1	0	0	4
Phosphorus, P	<u>.</u> mg	24	0.463	17	A	1	1	3	54
Potassium, K	-	24	0.622	18	A	1	1	3	54
Sodium, Na	-	643		0	NR	4	32	91	1460
Zinc, Zn	<u>mg</u>	0.09	0.011		A	1	0.00	0.01	0.20
Copper, Cu		0.000	0.000	18	A	1	0.000	0.000	0.00
Manganese, Mn		0.000	0.000	18	A	1	0.000	0.000	0.00
Selenium, Se	µg	1.0	0.820	37	A	1	0.1	0.1	2.3
Vitamins:						_			
Vitamin C, total ascorbic acid	-	0.0		0		1	0.0	0.0	0.0
Thiamin	-	0.005	0.001	3		1	0.000	0.001	0.01
Riboflavin	-	0.034	0.004	9		1	0.002	0.005	0.07
Niacin	-	0.042		2		1	0.002	0.006	0.09
Pantothenic acid	-	0.110		0		4	0.006	0.016	0.25
Vitamin B-6	-	0.003		1		1	0.000	0.000	0.00
Folate, total		3		2	_	1	0	0	7
Folic acid		0		0	Z	7	0	0	0
Folate, food		3		2		1	0	0	7
Folate, DFE		3		0	NC	4	0	0	7
Choline, total	_	18.8		0	AS	1	0.9	2.7	42.6
Betaine		0.3		1	A	1	0.0	0.0	0.6
Vitamin B-12		0.17		4	_		0.01	0.02	0.39
Vitamin B-12, added		0.00 684		0	Z NC	7 4	0.00 34	0.00	0.00
Vitamin A, RAE		671		0	T	4	34	97 95	1553 1523
Retinol				2	A	1	3 4 8		
Carotene, beta		158 0		2	A	1	0	22 0	358 0
Carotene, alpha		0		2	A	1	0	0	0
Cryptoxanthin, beta Vitamin A, IU		2499		0	NC	4	125	355	5673
Lycopene		0		2	A	1	0	0	0
Lutein + zeaxanthin		0		2	A	1	0	0	0
Vitamin E (alpha-tocopherol)		2.32		1	-	1	0.12	0.33	5.27
Vitamin E, added		0.00		0	z	7	0.12	0.00	0.00
Tocopherol, beta		0.00		1	-	1	0.00	0.00	0.00
Tocopherol, gamma		0.00		1		1	0.00	0.00	0.00
Tocopherol, delta		0.00		1		1	0.00	0.00	0.00
Tocotrienol, alpha		0.00		1		1	0.00	0.00	0.00
Tocotrienol, beta		0.00		1		1	0.00	0.00	0.00
Tocotrienol, gamma		0.00		1		1	0.00	0.00	0.00
Tocotrienol, delta		0.00		1		1	0.00	0.00	0.00
Vitamin D (D2 + D3)		0.0		0	z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol)		0.0		0	Z	7	0.0	0.0	0.0
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)		0.0		0	Z	7	0.0	0.0	0.0
Vitamin D		0		0	Z	7	0.0	0	0.0
v 11/21/11/11/17		U		J		,	U	U	U

Beta-sitosterol....mg

4

0.118 3

А

1

0

1

9

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Dihydrophylloquinone......µg Menaquinone-4.....µg Lipids: 51.368 2.568 7.294 116.606 Fatty acids, total saturated......g 0 NC 4 3.226 0.120 Α 1 0.161 0.458 4:0.....g 3 7.323 2,007 0.038 0.285 6:0.....g 3 Α 1 0.100 4.557 1.190 0.016 0.059 0.169 2.701 3 A 8:0.....g 10:0.....g 2.529 0.033 3 Α 1 0.126 0.359 5.740 2.587 0.046 5.872 12:0.....g 3 Α 1 0.129 0.367 13:0.....g 14:0.....g 7.436 0.020 3 Α 1 0.372 1.056 16.880 15:0.....g 21.697 0.270 3 А 1 1.085 3.081 49.253 0.560 0.015 0.028 0.079 1.270 3 1 17:0.....g Α 9.999 0.096 3 0.500 1.420 22.698 18:0.....g Α 1 0.138 0.002 0.007 0.020 0.312 1 20:0.....g Α 22:0.....g 24:0.....g 21.021 47.718 0 NC Fatty acids, total monounsaturated......g 4 1.051 2,985 16:1 undifferentiated......g 0.961 0 1 0.048 0.136 2.181 0.961 0.008 3 0.048 2.181 16:1 c.....g Α 1 0.136 16:1 t.....g 17·1 a 18:1 undifferentiated......g 19.961 0 AS 1 0.998 2.834 45.311 16.978 0.397 3 0.849 2.411 38.541 Α 1 18:1 c.....g 2.982 0.112 3 А 1 0.149 0.423 6.770 18:1-11 t (18:1t n-7)......g 0.009 0.005 0.014 20:1.....g 0.100 3 A 1 0.227 0.000 1 22:1 undifferentiated......g 0.000 3 0.000 0.000 0.000 24:1 c.....g 3.043 6.908 Fatty acids, total polyunsaturated......g 0 NC 0.152 0.432 0.387 2.728 0.136 6.194 18:2 undifferentiated.....g 0 AS 1 2.166 0.024 3 Α 1 0.308 4.916 18:2 n-6 c,c....g 0.108 0.267 0.017 18:2 CLAs.....g 3 Α 1 0.013 0.038 0.605 18:2 t,t.....g 0.296 0.048 0.015 0.672 18:2 i.....g Α 1 0.042 18:2 t not further defined......g 0.315 1 0.715 18:3 undifferentiated Q 0 AS 0.016 0.045 18:3 n-3 c,c,c (ALA)......g 0.315 0.013 3 1 0.016 0.045 0.715 Α 18:3 n-6 c,c,c......g 0.000 0.000 0.000 1 0.000 0.000 18:4.....g 20:2 n-6 c,c.....g 20:3 undifferentiated.....g 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated......g 0.000 0.000 А 1 0.000 0.000 0.000 20:4 n-6.....g 0.000 0.000 0.000 20:5 n-3 (EPA)......g 1 0.000 0.000 21:5.....g 22:4.....g 0.000 0.000 0.000 0.000 0.000 22:5 n-3 (DPA)......g 3 Α 1 22:6 n-3 (DHA)......g 0.000 0.000 3 Α 1 0.000 0.000 0.000 0 3.278 NC 4 0.164 0.466 7.442 2.982 0 NC 4 0.149 0.423 6.770 Fatty acids, total trans-monoenoic......g 0.296 0 NC 4 0.015 0.042 0.672 Fatty acids, total trans-polyenoic......g 215 1.261 1 11 31 489 Cholesterol....mg 3 Phytosterols....mg Stigmasterol....mg 0 0.000 3 Α 1 0 0 0 0.000 Campesterol....mg 3 0 0 Α 1 0 0

	Amount in 1	00 grams of e	dible portion		dible portion	_
		Number		<u>m</u>	easures of foo	<u>oa</u>
Nutrients and Units	Mean Std. Erro	of Data Der or Points Cod	iv Source Co le Code	 Measure 1	Measure 2	Measure 3
Amino Acids:						
Tryptophang	0.012	0	1	0.001	0.002	0.027
Threonineg	0.038	0	1	0.002	0.005	0.086
Isoleucineg	0.051	0	1	0.003	0.007	0.116
Leucineg	0.083	0	1	0.004	0.012	0.188
Lysineg	0.067	0	1	0.003	0.010	0.152
Methionineg	0.021	0	1	0.001	0.003	0.048
Cystineg	0.008	0	1	0.000	0.001	0.018
Phenylalanineg	0.041	0	1	0.002	0.006	0.093
Tyrosineg	0.041	0	1	0.002	0.006	0.093
Valineg	0.057	0	1	0.003	0.008	0.129
Arginineg	0.031	0	1	0.002	0.004	0.070
Histidineg	0.023	0	1	0.001	0.003	0.052
Alanineg	0.029	0	1	0.001	0.004	0.066
Aspartic acidg	0.064	0	1	0.003	0.009	0.145
Glutamic acidg	0.178	0	1	0.009	0.025	0.404
Glycineg	0.018	0	1	0.001	0.003	0.041
Prolineg	0.082	0	1	0.004	0.012	0.186
Serineg	0.046	0	1	0.002	0.007	0.104
Hydroxyprolineg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0	0.0	0.0
Caffeinemg	0	0 Z	7	0	0	0
Theobrominemg	0	0 Z	7	0	0	0

Common Measures:

Measure 1 = 5.0g: 1 pat (1 sq, 1/3 high)

Measure 2 = 14.2g: 1 tbsp Measure 3 = 227g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

	<u>Am</u>	ount in 100 gr	ams	of edi	ble portion	Amount in edible portion of common		
		Nun	nber				easures of fo	
				Deriv	Source Confidence			
Nutrients and Units	Mean	Std. Error Po			Code Code	Measure 1	Measure 2	Measure
Proximates:								
Waterg	16.72	0.053	9	A	1	0.64	1.57	25.25
Energyko			0	NC	4	27	68	1084
Energy k.			0	NC	4	114	282	4538
Protein (N x 6.38)g	0.49	0.008	9	A	1	0.02	0.05	0.74
Total lipid (fat)g	78.30	0.228	9	A	1	2.98	7.36	118.23
Ashg	1.62	0.026	9	A	1	0.06	0.15	2.45
Carbohydrate, by difference	2.87	7	0	NC	4	0.11	0.27	4.34
Fiber, total dietaryg	0.0		0		7	0.0	0.0	0.0
Sugars, totalg	0.06	5	0	NR	4	0.00	0.01	0.09
Starchg								
Minerals:								
Calcium, Cam	q 23	0.362	9	A	1	1	2	34
Iron, Fe	-		8	A	1	0.00	0.00	0.0
Magnesium, Mgm	3	0.022	9	A	1	0.00	0.00	2
Phosphorus, Pm	3	0.252	9	A	1	1	2	36
Potassium, Km	3	1.498	9	A	1	2	4	62
Sodium, Na	3	8.719	9	A	1	22	55	880
Zinc, Znm	•		9	A	1	0.00	0.00	0.0
Copper, Cum	0		9	A	1	0.000	0.001	0.0
Manganese, Mnm	•		9	A	1	0.000	0.001	0.0
Selenium, Se	0	0.000	6	A	1	0.0	0.0	0.0
,	,	0.000	·		-			
<u>/itamins:</u>	a 0.0		•		1	0.0	0.0	0.0
Vitamin C, total ascorbic acid	=	0.000	0 6		1	0.0 0.000	0.0	
Thiamin	•		6	A A	1	0.002	0.001 0.006	0.0
Riboflavin	0		6	A	1	0.002		
Niacin	•		4	A	1		0.002	0.0
Pantothenic acid	=		6	A	1	0.004 0.000	0.009	0.1
Vitamin B-6	3	0.000			1		0.001	0.0
Folate, total			2	A Z	7	0	0	7
Folic acid	,		2		1	0	0	0 7
Folate, foodµg	,			A			0	
Folate, DFE			0	NC	4	0	0	7
Choline, total	=		0	AS	1	0.7	1.8	28.4
Betaine m	=		1	A	1	0.0	0.0	0.4
Vitamin B-12			6	A	1	0.00	0.01	0.1
Vitamin B-12, addedµç)	0	Z	7	0.00	0.00	0.0
Vitamin A, RAE			0	AS	1	26	64	1031
Retinolµç		20.908	4	A	1	25	63	1013
Carotene, betaµç		8.550	4	A	1	5	13	204
Carotene, alphaµç	-	0.718	4	A	1	0	0	2
Cryptoxanthin, betaµç		0.658	4	A	1	0	1	9
Vitamin A, IU			0	AS	1	94	232	3727
Lycopeneµg	0	0.000	4	A	1	0	0	0
Lutein + zeaxanthin		1.954	4	A	1	0	1	20
Vitamin E (alpha-tocopherol)m			6	A	1	0.05	0.13	2.0
Vitamin E, addedm	g 0.00)	0	Z	7	0.00	0.00	0.0
Tocopherol, betam			6	A	1	0.00	0.01	0.1
Tocopherol, gammam	g 0.08	0.028	6	A	1	0.00	0.01	0.1
Tocopherol, delta	g 0.00	0.000	6	A	1	0.00	0.00	0.0
Tocotrienol, alpham	g 0.12	0.014	6	A	1	0.00	0.01	0.1
Tocotrienol, beta	g 0.00	0.000	6	A	1	0.00	0.00	0.0
Tocotrienol, gamma		0.000	6	A	1	0.00	0.00	0.0
Tocotrienol, delta		0.000	6	A	1	0.00	0.00	0.0
Vitamin D (D2 + D3)			2	AS	1	0.0	0.0	0.0
Vitamin D2 (ergocalciferol)			2	A	1	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)			2	A	1	0.0	0.0	0.0
Vitamin D			0	z	7	0	0	0
Vitamin K (phylloquinone)		0.024		A	1	0.2	0.4	6.9

	<u>Am c</u>	unt in 10	0 gram	s of edi	ble portion	Amount in e	edible portion	of common
			Num be	-	0	<u>m</u>	easures of foo	
Nutrients and Units	Mean S	Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone	0.0	0.0	000 4	A	1	0.0	0.0	0.0
Menaquinone-4µg	20.9	0.4	453 4	A	1	0.8	2.0	31.6
<u>Lipids:</u>								
Fatty acids, total saturated9	45.390		0	NC	4	1.725	4.267	68.539
4:0g 6:0g	1.635 1.373		005 9 004 9	A A	1 1	0.062 0.052	0.154 0.129	2.469 2.074
8:0g	0.858		005 9	A	1	0.032	0.129	1.296
10:0g	2.039		016 9	A	1	0.077	0.192	3.078
12:0g	2.354	0.0	019 9	A	1	0.089	0.221	3.555
13:0g								
14:0g	7.515		034 9	A	1	0.286	0.706	11.348
15:0g	0.801		009 9	A	1	0.030	0.075	1.210
16:0g 17:0g	20.531 0.476		139 9 004 9	A A	1 1	0.780 0.018	1.930 0.045	31.002 0.719
17:0g	7.649		098 9	A	1	0.018	0.719	11.549
20:0g	0.106		002 9	A	1	0.004	0.010	0.160
22:0g	0.032	0.0	003 9	A	1	0.001	0.003	0.049
24:0g	0.021	. 0.0	000 9	A	1	0.001	0.002	0.031
Fatty acids, total monounsaturatedg	19.874		0	NC	4	0.755	1.868	30.010
14:1g	0.781		012 9	A	1	0.030	0.073	1.180
15:1g	0.000		000 9 028 9	A	1 1	0.000	0.000	0.000
16:1 undifferentiated	1.417		028 9 029 9	AS A	1	0.054 0.044	0.133 0.110	2.139 1.767
16:1 tg	0.246		004 9	A	1	0.009	0.023	0.372
17:1g	0.152		003 9	A	1	0.006	0.014	0.230
18:1 undifferentiatedg	17.370	0.3	130 9	AS	1	0.660	1.633	26.228
18:1 cg	15.459	0.3	100 9	A	1	0.587	1.453	23.343
18:1 tg	1.911	. 0.0	035 9	A	1	0.073	0.180	2.885
18:1-11 t (18:1t n-7)g	0.145							0.000
20:1g	0.147		002 9 000 9	A As	1 1	0.006 0.000	0.014 0.000	0.223
22:1 undifferentiated	0.005		000 9	AS A	1	0.000	0.000	0.007
22:1 tg	0.000		000 9	A	1	0.000	0.000	0.000
24:1 cg	0.002	0.0	000 9	A	1	0.000	0.000	0.003
Fatty acids, total polyunsaturated	3.331	•	0	NC	4	0.127	0.313	5.029
18:2 undifferentiatedg	2.713		045 9	AS	1	0.103	0.255	4.097
18:2 n-6 c,cg	1.798		036 9	A	1	0.068	0.169	2.714
18:2 CLAs	0.413	0.0	007 9	A	1	0.016	0.039	0.623
18:2 t,t								
18:2 t not further definedg	0.503	0.0	009 9	A	1	0.019	0.047	0.760
18:3 undifferentiatedg	0.298		003 9	AS	1	0.011	0.028	0.450
18:3 n-3 c,c,c (ALA)g	0.285	0.0	003 9	A	1	0.011	0.027	0.430
18:3 n-6 c,c,cg	0.005	0.0	001 9	A	1	0.000	0.000	0.008
18:3ig	0.008		001 9	A	1	0.000	0.001	0.012
18:4g	0.003		002 9	A	1	0.000	0.000	0.004
20:2 n-6 c,c	0.016		000 9 001 9	A AS	1 1	0.001 0.003	0.001 0.008	0.024 0.130
20:3 n-3g	0.005		001 9	A	1	0.003	0.001	0.008
20:3 n-6	0.081		001 9	A	1	0.003	0.008	0.122
20:4 undifferentiatedg	0.119		002 9	A	1	0.005	0.011	0.179
20:4 n-6g								
20:5 n-3 (EPA)g 21:5g	0.022	0.0	001 9	A	1	0.001	0.002	0.033
22:4g	0.020	0.0	001 9	A	1	0.001	0.002	0.031
22:5 n-3 (DPA)g	0.045	0.0	000 9	A	1	0.002	0.004	0.068
22:6 n-3 (DHA)g	0.003		000 9	A	1	0.000	0.000	0.004
Fatty acids, total transg	2.669		0	NC	4	0.101	0.251	4.029
Fatty acids, total trans-monoenoicg	2.157		0	NC	4 4	0.082	0.203	3.257
Fatty acids, total trans-polyenoicg Cholesterolmg	0.511 225		0 495 6	NC A	1	0.019 9	0.048 21	0.772 340
C1101C31C1U1	223	· · ·		-	_	_		540

Amino Acids:

	Amount in 100 grams of edible portion							
		Number				m	easures of foc	od_
				Source (Confidence			
Nutrients and Units	Mean Std. Erro	Points			Code	Measure 1	Measure 2	Measure 3
Tryptophang	0.012	0	A	1		0.000	0.001	0.018
Threonineg	0.038	0	A	1		0.001	0.004	0.057
Isoleucineg	0.051	0	A	1		0.002	0.005	0.077
Leucineg	0.083	0	A	1		0.003	0.008	0.125
Lysineg	0.067	0	A	1		0.003	0.006	0.101
Methionineg	0.021	0	A	1		0.001	0.002	0.032
Cystineg	0.008	0	A	1		0.000	0.001	0.012
Phenylalanineg	0.041	0	A	1		0.002	0.004	0.062
Tyrosineg	0.041	0	A	1		0.002	0.004	0.062
Valineg	0.057	0	A	1		0.002	0.005	0.086
Arginineg	0.031	0	A	1		0.001	0.003	0.047
Histidineg	0.023	0	A	1		0.001	0.002	0.035
Alanineg	0.029	0	A	1		0.001	0.003	0.044
Aspartic acidg	0.064	0	A	1		0.002	0.006	0.097
Glutamic acidg	0.178	0	A	1		0.007	0.017	0.269
Glycineg	0.018	0	A	1		0.001	0.002	0.027
Prolineg	0.082	0	A	1		0.003	0.008	0.124
Serineg	0.046	0	A	1		0.002	0.004	0.069
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 3.8g: 1 pat (1" sq, 1/3" high)

Measure 2 = 9.4g: 1 tbsp Measure 3 = 151g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100	grams	A	Amount in edible portion of common					
				Num ber	•			measures of food			
						Source Confide	ence				
Nutrients and Units		Mean	Std. Error					leasure 1	Measure 2	Measure	
Proximates: Water	a	17.94	1	0		1		0.90	2.55	40.72	
Energy		717	.	0	NC	4		36	102	1627	
Energy		2999	_	0	NC	4		150	426	6808	
Protein (N x 6.38)		0.85		0		1		0.04	0.12	1.93	
Total lipid (fat)	g	81.11		0		1		4.06	11.52	184.12	
Ash	g	0.09	9	0	NR	4		0.00	0.01	0.20	
Carbohydrate, by difference	g	0.06	5	0	NC	4		0.00	0.01	0.14	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0	
Sugars, total	g	0.06	5	0	NR	4		0.00	0.01	0.14	
Starch											
	5										
Minerals:											
Calcium, Ca		24		789 17	A	1		1	3	55	
Iron, Fe	mg	0.02		11 18	A	1		0.00	0.00	0.0	
Magnesium, Mg	mg	2	0.0	18	A	1		0	0	4	
Phosphorus, P	mg	24	0.4	163 17	A	1		1	3	54	
Potassium, K	mg	24	0.6	522 18	A	1		1	3	54	
Sodium, Na	mg	11		0		1		1	2	25	
Zinc, Zn	mg	0.09	0.0	11 18	A	1		0.00	0.01	0.2	
Copper, Cu	mg	0.01	L6	0		1		0.001	0.002	0.0	
Manganese, Mn	mg	0.00	04	0		1		0.000	0.001	0.0	
Selenium, Se		1.0	0.8	320 37	A	1		0.1	0.1	2.3	
,											
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.00)5	0		1		0.000	0.001	0.0	
Riboflavin	mg	0.03	34	0		1		0.002	0.005	0.0	
Niacin	mg	0.04	12	0		1		0.002	0.006	0.0	
Pantothenic acid	mg	0.11	LO	0		4		0.006	0.016	0.2	
Vitamin B-6	mg	0.00)3	0		1		0.000	0.000	0.0	
Folate, total	_	3		0		1		0	0	6	
Folic acid		0		0	z	7		0	0	0	
Folate, food		3		0		1		0	0	6	
Folate, DFE		3		0	NC	4		0	0	6	
Choline, total		18.8		0	T	4		0.9	2.7	42.7	
	_	10.0		U	-	-		0.5	2.7	42.7	
Betaine	-	0.15	•			1		0.01	0.00	0.3	
Vitamin B-12		0.17		4	_	1		0.01	0.02	0.3	
Vitamin B-12, added		0.00	,	0	Z	7		0.00	0.00	0.0	
Vitamin A, RAE		684		0	NC	4		34	97	1553	
Retinol		671		0	-	4		34	95	1523	
Carotene, beta		158		2	A	1		8	22	358	
Carotene, alpha	µg	0		2	A	1		0	0	0	
Cryptoxanthin, beta	µ g	0		2	A	1		0	0	0	
Vitamin A, IU	<u>I</u> Ų	2499		0	NC	4		125	355	5673	
Lycopene	µg	0		2	A	1		0	0	0	
Lutein + zeaxanthin		0		2	A	1		0	0	0	
Vitamin E (alpha-tocopherol)		2.32	2	1		1		0.12	0.33	5.2	
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.0	
Tocopherol, beta	_	0.00		1		1		0.00	0.00	0.0	
Tocopherol, gamma		0.00		1		1		0.00	0.00	0.0	
		0.00		1		1		0.00	0.00	0.0	
Tocopherol, delta											
Tocotrienol, alpha		0.00		1		1		0.00	0.00	0.0	
Tocotrienol, beta	-	0.00		1		1		0.00	0.00	0.0	
Tocotrienol, gamma		0.00		1		1		0.00	0.00	0.0	
Tocotrienol, delta	mg	0.00)	1		1		0.00	0.00	0.0	
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0	0.0	0.0	
Vitamin D2 (ergocalciferol)	µg	0.0		0	BFFN	4		0.0	0.0	0.0	
Vitamin D3 (cholecalciferol)		0.0		0	BFFN	4		0.0	0.0	0.0	
Vitamin D		0		0	BFFN	4		0	0	0	
Vitamin K (phylloquinone)		7.0		1		1		0.4	1.0	15.9	

		<u>A</u>	mour	nt in 100 gr	ram s		ble portic	o <u>n</u>		edible portion of easures of foo	
Nutrients and Units		Mean	Std	of I. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone	µg										
Menaquinone-4	µg										
<u>Lipids:</u>											
Fatty acids, total saturated			489	0 100	0	_	1		2.524	7.169	114.610
4:0 6:0	-		226	0.120 0.038	3	A A	1 1		0.161 0.100	0.458 0.285	7.323 4.557
8:0			190	0.016	3	A	1		0.059	0.169	2.701
10:0	-		529	0.033	3	A	1		0.126	0.359	5.740
12:0	9	2.	587	0.046	3	A	1		0.129	0.367	5.872
13:0	-										
14:0	-	7.	436	0.020	3	A	1		0.372	1.056	16.880
15:0 16:0		21	697	0.270	3	A	1		1.085	3.081	49.253
17:0			560	0.270	3	A	1		0.028	0.079	1.270
18:0	-		999	0.096	3	A	1		0.500	1.420	22.698
20:0	-	0.	138	0.002	3	A	1		0.007	0.020	0.312
22:0	-										
24:0			400		_		_				50.10
Fatty acids, total monounsaturated		23.	430		0		1		1.172	3.327	53.186
15:1											
16:1 undifferentiated	-	1.	820		0		1		0.091	0.258	4.131
16:1 c	g	0.	961	0.008	3	A	1		0.048	0.136	2.181
16:1 t	-										
17:1	-		400		_		_				45 200
18:1 undifferentiated	-		400 978	0.397	0 3	A	1 1		1.020 0.849	2.897 2.411	46.308 38.541
18:1 c			982	0.397		A	1		0.149	0.423	6.770
18:1-11 t (18:1t n-7)					-		_		01212	*****	
20:1		0.	100	0.009	3	A	1		0.005	0.014	0.227
22:1 undifferentiated		0.	000	0.000	3	A	1		0.000	0.000	0.000
24:1 c	-	_	010		•		-				6 022
Fatty acids, total polyunsaturated	-		010 830		0		1 1		0.151 0.092	0.427 0.260	6.833 4.154
18:2 n-6 c.c	-		166	0.024		A	1		0.108	0.308	4.916
18:2 CLAs			267	0.017	3	A	1		0.013	0.038	0.605
18:2 t,t	g										
18:2 i	-	0.	296	0.048	3	A	1		0.015	0.042	0.672
18:2 t not further defined		_					_				
18:3 undifferentiated			180	0 013	0 3		1 1		0.059 0.016	0.168 0.045	2.679
18:3 n-3 c,c,c (ALA) 18:3 n-6 c,c,c		0.	315	0.013	3	A	1		0.016	0.045	0.715
18:3i	-										
18:4	-	0.	000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:3 n-3											
20:3 n-6 20:4 undifferentiated	-	0.	000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6	-				-		_				
20:5 n-3 (EPA)		0.	000	0.000	3	A	1		0.000	0.000	0.000
21:5											
22:4					_	_	_				
22:5 n-3 (DPA) 22:6 n-3 (DHA)			000	0.000	3	A A	1 1		0.000	0.000	0.000
Fatty acids, total trans		0.		3.000	3		_		0.000	0.000	0.000
Cholesterol		215		1.261	3	A	1		11	31	489
Phytosterols											
Stigmasterol		0		0.000	3	A	1		0	0	0
Campesterol		0		0.000	3	A	1		0	0	0
Beta-sitosterol	mg	4		0.118	3	A	1		0	1	9
Amino Acids:											
Tryptophan	g	0.	012		0		1		0.001	0.002	0.027

	ortion	Amount in edible portion of common					
		Number			<u>m</u>	easures of foo	<u>od</u>
		of Data D	eriv Sou	ce Confidence			
Nutrients and Units	Mean Std. Erro	or Points C	ode Cod	de Code	Measure 1	Measure 2	Measure 3
Threonineg	0.038	0	1		0.002	0.005	0.086
Isoleucineg	0.051	0	1		0.003	0.007	0.116
Leucineg	0.083	0	1		0.004	0.012	0.188
Lysineg	0.067	0	1		0.003	0.010	0.152
Methionineg	0.021	0	1		0.001	0.003	0.048
Cystineg	0.008	0	1		0.000	0.001	0.018
Phenylalanineg	0.041	0	1		0.002	0.006	0.093
Tyrosineg	0.041	0	1		0.002	0.006	0.093
Valineg	0.057	0	1		0.003	0.008	0.129
Arginineg	0.031	0	1		0.002	0.004	0.070
Histidineg	0.023	0	1		0.001	0.003	0.052
Alanineg	0.029	0	1		0.001	0.004	0.066
Aspartic acidg	0.064	0	1		0.003	0.009	0.145
Glutamic acidg	0.178	0	1		0.009	0.025	0.404
Glycineg	0.018	0	1		0.001	0.003	0.041
Prolineg	0.082	0	1		0.004	0.012	0.186
Serineg	0.046	0	1		0.002	0.007	0.104
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	0.0
Caffeinemg	0	0	z 7		0	0	0
Theobrominemg	0	0	z 7		0	0	0

Common Measures:

Measure 1 = 5.0g: 1 pat (1 sq, 1/3 high)

Measure 2 = 14.2g: 1 tbsp Measure 3 = 227g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Lipids:

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Num	ber				<u>m</u>	easures of fo	<u>od</u>	
			of I	Data	Deriv	Source Conf	idence				
Nutrients and U	Jnits	Mean St	d. Error Po				ode	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	43.12	0.169	5		1		12.22	97.88		
Energy	kcal	331		0	NC	4		94	752		
Energy	kJ	1386		0		4		393	3145		
Protein (N x 6.38)		19.66	1.241	5		1		5.57	44.63		
Total lipid (fat)	g	24.46	0.242	5		1		6.93	55.52		
Ash		4.44	0.103	5		1		1.26	10.08		
Carbohydrate, by difference	_	8.32		0	NC	4		2.36	18.89		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	mg	497	6.851	5		1		141	1129		
Iron, Fe	_	0.84		0		1		0.24	1.91		
Magnesium, Mg	_	30		1		1		8	67		
Phosphorus, P	_	400		1		1		113	908		
Potassium, K		363		1		1		103	824		
Sodium, Na	_	966		1		1		274	2193		
Zinc, Zn	_	3.01		0		1		0.85	6.83		
Copper, Cu	mg	0.030		0		1		0.009	0.068		
Manganese, Mn		0.010		0		1		0.003	0.023		
Selenium, Se		16.2		0	BFNN	4		4.6	36.8		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0		
Thiamin	mg	0.030		0		1		0.009	0.068		
Riboflavin	mg	0.446	0.042	8		1		0.126	1.012		
Niacin	mg	0.074	0.013	20		1		0.021	0.168		
Pantothenic acid	mg	0.977		32		1		0.277	2.218		
Vitamin B-6	mg	0.141	0.005	26		1		0.040	0.320		
Folate, total	µg	5	0.349	21		1		2	12		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	5	0.349	21		1		2	12		
Folate, DFE	µg	5		0	NC	4		2	12		
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	1.28		1		1		0.36	2.91		
Vitamin A, RAE	µg										
Retinol	µg										
Carotene, beta	µg										
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		705	27.316	5		1		200	1600		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg µg										

	<u>Am</u>	ount in 100 grams Numbe	:	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source Co		Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 15.35	5 0	1		4.353	34.856	
4:0	g 0.79	3 0	1		0.225	1.800	
6:0	g 0.47	0 0	1		0.133	1.067	
8:0	g 0.35	8 0	1		0.101	0.813	
10:0	g 0.59	1 0	1		0.168	1.342	
12:0	g 0.72	8 0	1		0.206	1.653	
13:0	g						
14:0	g 2.51	3 0	1		0.712	5.705	
15:0	-						
16:0	-	7 0	1		1.930	15.452	
17:0	-						
18:0	-	5 0	1		0.795	6.367	
20:0	-						
22:0	-						
Fatty acids, total monounsaturated	=	5 0	1		2.031	16.265	
14:1	-	5	-		2.031	10.203	
15:1	•						
16:1 undifferentiated	•	6 0	1		0.183	1.466	
17:1	•						
18:1 undifferentiated	-	5 0	1		1.705	13.654	
20:1	-						
22:1 undifferentiated	-						
24:1 c	-						
Fatty acids, total polyunsaturated	g 0.71	9 0	1		0.204	1.632	
18:2 undifferentiated	g 0.46	1 0	1		0.131	1.046	
18:3 undifferentiated	g 0.25	7 0	1		0.073	0.583	
18:4	g						
20:2 n-6 c,c	g						
20:3 undifferentiated	-						
20:4 undifferentiated	-	0 0	4		0.000	0.000	
20:5 n-3 (EPA)	-						
21:5	-						
22:4	•						
22:5 n-3 (DPA)	-						
22:6 n-3 (DHA) Fatty acids, total trans	-						
Cholesterol		0	1		18	144	
Phytosterols	3	v	-		10	111	
•	9						
Amino Acids:							
Tryptophan	-		4		0.081	0.651	
Threonine			4		0.181	1.448	
Isoleucine			4		0.258	2.063	
Leucine			4		0.493	3.945	
Lysine			4		0.553	4.429	
Methionine	•		4 4		0.144	1.155	
Cystine			4		0.036	0.286	
Phenylalanine			4		0.283	2.268	
TyrosineValine	-		4		0.305 0.334	2.443 2.672	
Arginine	•		4		0.233	1.868	
Histidine	•		4		0.233	1.818	
Alanine	•		4		0.140	1.119	
Aspartic acid	•		4		0.342	2.742	
Glutamic acid	•		4		1.157	9.262	
Glycine	•		4		0.092	0.735	
Proline	•		4		0.567	4.540	
Serine			4		0.269	2.154	
Hydroxyproline	•						
J J1							

NDB No. 01045 Cheese food, cold pack, American

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 44048 Cheese food, pasteurized process, American, imitation, without added vitamin D

		Am	ount in	TOU G	aiiis	ווכ	Amount in edible portion of common				
				Nur	nber					easures of fo	
							Source	Confidence			
Nutrients and Unit	s	Mean	Std. Er	or Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water		55.50			1	A	1		15.73		
Energy		257			0	NC	4		73		
Energy		1073			0	NC	4		304		
Protein		4.08			1	A	1		1.16		
Total lipid (fat)		19.50			1	A	1		5.53		
Ash	-	4.74			1	A	1		1.34		
Carbohydrate, by difference		16.18			0	NC	4		4.59		
Fiber, total dietary		0.0			0		7		0.0		
Sugars, total		8.21			0	BFNN	4		2.33		
Starch	g										
Minerals:											
Calcium, Ca	_	649		L3.317		A	1		184		
Iron, Fe	_	0.68		0.047	3	A	1		0.19		
Magnesium, Mg		10		0.066	3	A	1		3		
Phosphorus, P		596		L2.005	3	A	1		169		
Potassium, K	_	126		7.126	3	A	1		36		
Sodium, Na	-	1297		8.819	3	A	1 1		368		
Zinc, Zn		0.21		0.015	3	A	1		0.06		
Copper, Cu	_	0.02 0.02		0.001	3 3	A A	1		0.007 0.007		
Manganese, Mn Selenium, Se		2.9	6	0.001	1	A	1		0.007		
,	ру	2.5			-		-		0.0		
<u>Vitamins:</u>	m a	0.0			•		7		0.0		
Vitamin C, total ascorbic acid	_	0.0	•		0 1		7 1		0.0		
Thiamin	_	0.00			1	A A	1		0.000 0.026		
Riboflavin	_	0.09			1	A	1		0.028		
Pantothenic acid	_	0.35			1	A	1		0.099		
Vitamin B-6	-	0.02			1	A	1		0.008		
Folate, total	_	8	•		0		4		2		
Folic acid		0			0	z	7		0		
Folate, food		8			0	NR	4		2		
Folate, DFE		8			0	NC	4		2		
Choline, total		0.0			0	BFFN	4		0.0		
Betaine	mg										
Vitamin B-12		0.71			1	A	1		0.20		
Vitamin B-12, added	µg	0.00			0	Z	7		0.00		
Vitamin A, RAE	µg	45			0	AS	1		13		
Retinol	µg	0			1	A	1		0		
Carotene, beta	µg	540			1	A	1		153		
Carotene, alpha	µg	0			1	A	1		0		
Cryptoxanthin, beta	µg	0			1	A	1		0		
Vitamin A, IU	JU	900			0	AS	1		255		
Lycopene		0			1	A	1		0		
Lutein + zeaxanthin		1			1	A	1		0		
Vitamin E (alpha-tocopherol)		2.15			1	A	1		0.61		
Vitamin E, added		0.00			0	Z	7		0.00		
Tocopherol, beta		0.13			1	A	1		0.04		
Tocopherol, gamma		14.01			1	A	1		3.97		
Tocopherol, delta		4.37			1	A	1		1.24		
Tocotrienol, alpha		0.05			1	A	1		0.01		
Tocotrienol, beta		0.18			1	A	1		0.05		
Tocotrienol, gamma		0.05			1	A	1		0.01		
Tocotrienol, delta		0.00			1	A	1		0.00		
Vitamin D (D2 + D3)		0.0			0	Z	7		0.0		
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol) Vitamin D		0			0	z	7		0		

Others:

	<u>An</u>	noun	t in 10	0 grams	of edi	<u>ion</u>	Amount in edible portion of common				
				Number				measures of food			
						Source	Confidence				
N utrients and U nits	Mean	Std	. Error	Points			Code	Measure 1	Measure 2	Measure 3	
Dihydrophylloquinoneµg											
Menaquinone-4µg	6.1	-		1	A	1		1.7			
Lipids:											
Fatty acids, total saturatedg	7.9	96		0	NC	4		2.267			
4:0g	0.0	20		1	A	1		0.006			
6:0g	0.0			1	A	1		0.000			
8:0g	0.0			1	A	1		0.012			
10:0g	0.0			1	A	1		0.009			
12:0g	0.0	18		1	A	1		0.005			
13:0g	0.0			1		1		0.015			
14:0g	0.0			1 1	A A	1 1		0.017			
15:0g 16:0g	0.0 2.0			1	A	1		0.003 0.594			
17:0g	0.0			1	A	1		0.008			
17:0g 18:0g	5.5			1	A	1		1.573			
20:0g	0.0			1	A	1		0.019			
22:0	0.0			1	A	1		0.016			
24:0g	0.0			1	A	1		0.005			
Fatty acids, total monounsaturatedg	3.1			0	NC	4		0.881			
14:1g	0.0	04		1	A	1		0.001			
15:1g	0.0	00		1	A	1		0.000			
16:1 undifferentiatedg	0.0	19		0	AS	1		0.005			
16:1 cg	0.0	18		1	A	1		0.005			
16:1 tg	0.0	01		1	A	1		0.000			
17:1g	0.0	80		1	A	1		0.002			
18:1 undifferentiatedg	3.0			0	AS	1		0.851			
18:1 cg	2.9			1	A	1		0.823			
18:1 tg	0.0	97		1	A	1		0.027			
18:1-11 t (18:1t n-7)g											
20:1g	0.0			1	A	1		0.019			
22:1 undifferentiatedg	0.0			0	AS	1		0.002			
22:1 cg	0.0			1 1	A A	1 1		0.002			
22:1 tg 24:1 cg	0.0			1	A	1		0.000			
Fatty acids, total polyunsaturated9	7.5			0	NC	4		2.136			
18:2 undifferentiated	6.5			0	AS	1		1.854			
18:2 n-6 c,cg	6.4			1	A	1		1.842			
18:2 CLAs	0.0			1	A	1		0.002			
18:2 t,tg								3,552			
18:2 ig											
18:2 t not further definedg	0.0	33		1	A	1		0.009			
18:3 undifferentiatedg	0.9	88		0	AS	1		0.280			
18:3 n-3 c,c,c (ALA)g	0.9	45		1	A	1		0.268			
18:3 n-6 c,c,cg	0.0	43		1	A	1		0.012			
18:3ig											
18:4g	0.0	00		1	A	1		0.000			
20:2 n-6 c,cg	0.0			1	A	1		0.001			
20:3 undifferentiated	0.0			0	AS	1		0.001			
20:3 n-3g	0.0			1	A	1		0.000			
20:3 n-6g	0.0			1	A	1		0.001			
20:4 undifferentiatedg	0.0	000		1	A	1		0.000			
20:4 n-6g				_	_	_					
20:5 n-3 (EPA)g	0.0	000		1	A	1		0.000			
21:5g	0.0			1	A	1		0 000			
22:4g	0.0			1	A A	1		0.000			
22:5 n-3 (DPA)g	0.0			1	A A	1		0.000			
22:6 n-3 (DHA)	0.0			0	NC	4		0.000			
Fatty acids, total transg Fatty acids, total trans-monoenoicg	0.0			0	NC	4		0.037			
Fatty acids, total trans-monoenoicg	0.0			0	NC	4		0.028			
Cholesterolmg	6			0		4		2			
Phytosterolsmg	Ŭ			·		-		_			

NDB No. 44048

Cheese food, pasteurized process, American, imitation, without added vitamin D

<u>Am o</u>	unt in 100 grams	Amount in edible portion of common				
				measures of food		
Mean S				Measure 1	Measure 2	Measure 3
0.0	0		7	0.0		
0	0	z	7	0		
	Mean S	Number of Data Mean Std. Error Points 0.0 0 0	Number of Data Deriv Mean Std. Error Points Code	of Data Deriv Source Confidence Mean Std. Error Points Code Code Code 0.0 0 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Code Measure 1	Number of Data Deriv Source Confidence Mean Std. Error Points Code Code Code Measure 1 Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amour	nt in 100 gr	am s	<u>on</u>	Amount in edible portion of common					
			Nun	nber	r			measures of food			
						Source	Confidence				
Nutrients and Ur	nits	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	44.00	0.297	7	A	1		49.72	12.47	9.24	
Energy	-	330	0.297	0	NC	4		373	94	69	
<i>C</i> 2		1382		0	NC	4		1562	392	290	
Energy		16.86	0.327	7	A A	1		19.05	392 4.78	3.54	
Protein (N x 6.38)				7		1		28.96			
Total lipid (fat)		25.63	0.494	7	A	1			7.27	5.38	
Ash	-	4.96	0.334		A			5.60	1.41	1.04	
Carbohydrate, by difference		8.56		0	NC	4		9.67	2.43	1.80	
Fiber, total dietary		0.0		0	_	4		0.0	0.0	0.0	
Sugars, total		5.59	0.203	3	Α -	1		6.31	1.58	1.17	
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	0.00	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	0.00	
Lactose		5.41	0.187	3	A	1		6.11	1.53	1.14	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	0.00	
Galactose	g	0.18	0.017	3	A	1		0.20	0.05	0.04	
Starch	g										
Minerals:											
Calcium, Ca	mg	682	114.769	10	A	1		771	193	143	
Iron, Fe	mg	0.26	0.077	10	A	1		0.29	0.07	0.05	
Magnesium, Mg	mg	27	1.037	10	A	1		31	8	6	
Phosphorus, P		438	46.213	10	A	1		495	124	92	
Potassium, K	-	255	14.508	10	A	1		288	72	53	
Sodium, Na	_	1284	36.430	10	A	1		1451	364	270	
Zinc, Zn		2.31	0.029	10	A	1		2.61	0.65	0.48	
Copper, Cu		0.034	0.003	10	A	1		0.039	0.010	0.00	
Manganese, Mn		0.025 19.6	0.003	10 2	A A	1 1		0.029 22.2	0.007 5.6	0.00 4.1	
Selenium, Se	µg	19.6		2	A	1		22.2	5.6	4.1	
Vitamins:	ma	0.0		0		1		0.0	0.0	0.0	
Vitamin C, total ascorbic acid	-	0.035		2	A	1		0.040	0.010	0.00	
ThiaminRiboflavin		0.360	0.020	3	A	1		0.407	0.102	0.00	
Niacin	_	0.155	0.020	2	A	1		0.175	0.102	0.07	
Pantothenic acid		0.855		2	A	1		0.175	0.044	0.03	
Vitamin B-6		0.102		1	A	1		0.115	0.242	0.18	
Folate, total	_	7		0		4		8	2	2	
Folic acid		0		0	z	7		0	0	0	
Folate, food		7		0	-	4		8	2	2	
Folate, DFE		7		0	NC	4		8	2	2	
Choline, total		36.2		0	AS	1		40.9	10.3	7.6	
Betaine	_	1.4		1	A	1		1.6	0.4	0.3	
Vitamin B-12	_	1.33	0.120	3	A	1		1.51	0.38	0.28	
Vitamin B-12, added		0.00	0.120	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		201		0	NC	4		228	57	42	
Retinol		196		0	BFFN	4		222	56	41	
Carotene, beta		65		0	BFFN	4		73	18	14	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	0	
Vitamin A, IU		761		0	NC	4		860	216	160	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.63		2	A	1		0.71	0.18	0.13	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.06		2	A	1		0.07	0.02	0.00	
Tocopherol, delta		0.01		2	A	1		0.01	0.02	0.00	
Tocoprierol, alpha		0.02		2	A	1		0.01	0.01	0.00	
Tocotrienol, alpha Tocotrienol, beta		0.02		2	A	1		0.03	0.00	0.00	

	<u>Ar</u>	ount in 10			edik	ole portio	<u>n</u>		dible portion o	
			Num b		oriv	Source (Confidence	<u></u>	5454155 51 155	<u>~</u>
Nutrients and Units	Mean	Std. Error				Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	2	:	2	A	1		0.02	0.01	0.00
Tocotrienol, deltag	0.0	5	:	2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3)µg	2.5				AS	1		2.9	0.7	0.5
Vitamin D2 (ergocalciferol)µg	0.0			2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)µg Vitamin DlU	2.5 102	1		2 2	A A	1 1		2.9 115	0.7 29	0.5 21
Vitamin K (phylloquinone)µg	3.4			1	A	1		3.8	1.0	0.7
Dihydrophylloquinone	0.0)	:	2	A	1		0.0	0.0	0.0
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	15.0	57	(0	NC	4		17.014	4.269	3.162
4:0g	0.5	15 0.	029	3	A	1		0.582	0.146	0.108
6:0g	0.4		002	3	A	1		0.502	0.126	0.093
8:0g	0.2			3	A	1		0.312	0.078	0.058
10:0g	0.6			3	A	1		0.750	0.188	0.139
12:0	0.7			3 3	A A	1 1		0.840 0.028	0.211 0.007	0.156 0.005
13:0	2.4			3	A	1		2.794	0.701	0.519
15:0g	0.2		014		A	1		0.298	0.075	0.055
16:0g	6.8			3	A	1		7.726	1.938	1.436
17:0g	0.1	.61 0.	008	3	A	1		0.182	0.046	0.034
18:0g	2.6	01	134	3	A	1		2.939	0.737	0.546
20:0g	0.0			3	A	1		0.044	0.011	0.008
22:0g	0.0			3	A	1		0.020	0.005	0.004
24:0g	0.0			3 0	A	1 4		0.009	0.002	0.002
Fatty acids, total monounsaturatedg 14:1g	6.8 0.2			3	NC A	1		7.736 0.237	1.941 0.060	1.438 0.044
15:1g	0.0			3	A	1		0.000	0.000	0.000
16:1 undifferentiatedg	0.4				AS	1		0.503	0.126	0.094
16:1 cg	0.3	58 0.	019	3	A	1		0.405	0.102	0.075
16:1 tg	0.0	87 0.	007	3	A	1		0.098	0.025	0.018
17:1g	0.0			3	A	1		0.060	0.015	0.011
18:1 undifferentiatedg	5.9				AS	1		6.720	1.686	1.249
18:1 cg 18:1 tg	5.2 0.6			3 3	A A	1 1		5.963 0.757	1.496 0.190	1.108 0.141
18:1-11 t (18:1t n-7)	0.0		OTI .	3	-	-		0.757	0.190	0.141
20:1g	0.1	.90 0.	013	3	A	1		0.214	0.054	0.040
22:1 undifferentiatedg	0.0	00 0.	000	3	AS	1		0.000	0.000	0.000
22:1 cg	0.0	00 0.	000	3	A	1		0.000	0.000	0.000
22:1 tg	0.0			3	A	1		0.000	0.000	0.000
24:1 cg	0.0		001		A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturatedg	1.0				NC	4 1		1.186	0.297	0.220
18:2 undifferentiatedg 18:2 n-6 c,cg	0.8			3 3	AS A	1		0.911 0.712	0.228 0.179	0.169 0.132
18:2 CLAs	0.0		000		A	1		0.020	0.005	0.004
18:2 t.tg								0.020		0.001
18:2 ig										
18:2 t not further definedg	0.1		015		A	1		0.180	0.045	0.033
18:3 undifferentiatedg	0.1				AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA)g	0.1			3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,c	0.0	02	000	3	A	1		0.003	0.001	0.000
18:31g	0.0	07 0.	001	3	A	1		0.008	0.002	0.001
20:2 n-6 c,cg	0.0			3	A	1		0.009	0.002	0.002
20:3 undifferentiatedg	0.0		002	3	AS	1		0.032	0.008	0.006
20:3 n-3g	0.0		001		A	1		0.002	0.000	0.000
20:3 n-6g	0.0		002		A	1		0.030	0.008	0.006
20:4 undifferentiatedg	0.0	36 0.	004	3	A	1		0.041	0.010	0.008
20:4 n-6g 20:5 n-3 (EPA)g	0.0	ns ^	004	2	A	1		0 000	0 000	0.002
20:5 n-3 (EPA)g 21:5g	0.0		JUT .	-	A	_		0.009	0.002	0.002
22:4g	0.0	06 0.	001	3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA)g	0.0	18 0.	001	3	A	1		0.020	0.005	0.004

	<u>Am ount</u>	in 100 grams		<u>1</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.	of Data Error Points		Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.005	0.001 3	Α	1		0.006	0.001	0.001
Fatty acids, total transg	0.917	0	NC	4		1.036	0.260	0.192
Fatty acids, total trans-monoenoicg	0.758	0	NC	4		0.856	0.215	0.159
Fatty acids, total trans-polyenoicg	0.159	0	NC	4		0.180	0.045	0.033
Cholesterolmg Phytosterolsmg	98	2	A	1		110	28	20
-								
Amino Acids:	0.241	0	A	1		0.273	0.068	0.051
Tryptophan	0.720	0	A	1		0.273	0.204	0.051
Isoleucineg	0.858	0	A	1		0.814	0.243	0.131
Leucine	1.592	0	A	1		1.799	0.451	0.180
Lysine	1.302	0	A	1		1.471	0.369	0.273
Methionine	0.380	0	A	1		0.430	0.108	0.273
Cystineg	0.174	0	A	1		0.197	0.108	0.037
•	0.829	0	A	1		0.197	0.049	0.037
Phenylalanineg	0.833	0	A	1		0.937	0.235	0.174
Tyrosineg	1.010	0	A	1		1.141	0.236	0.175
Valineg	0.613	0	A	1				
Arginineg		•		-		0.693	0.174	0.129
Histidineg	0.448	0	A	1		0.506	0.127	0.094
Alanineg	0.518	•	A	1		0.586	0.147	0.109
Aspartic acidg	1.191	0	A	1		1.346	0.338	0.250
Glutamic acidg	3.495	0	A	1		3.949	0.991	0.734
Glycineg	0.322	0	A	1		0.364	0.091	0.068
Prolineg	1.847	0	A	1		2.088	0.524	0.388
Serineg	0.932	0	A	1		1.053	0.264	0.196
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 113g: 1 cup Measure 2 = 28.35g: 1 oz

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01254 Cheese food, pasteurized process, American, without added vitamin D

		<u>Am oui</u>	nt in 100 gr	Amount in edible portion of common						
			Nun	nbei	measures of food					
						Source C	onfidence			
Nutrients and U	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	44.00	0.297	7	A	1		49.72	12.47	9.24
Energy		330	0.257	0	NC	4		373	94	69
Energy		1382		0	NC	4		1562	392	290
		16.86	0.327	7	A	1		19.05	4.78	3.54
Protein (N x 6.38)		25.63	0.327	7	A	1		28.96	4.78 7.27	5.38
Total lipid (fat)		4.96	0.434	7	A	1		5.60	1.41	1.04
Carbohydrate, by difference		8.56	0.334	0	NC	4		9.67	2.43	1.80
Fiber, total dietary		0.0		0	NC	4		0.0	0.0	0.0
· · · · · · · · · · · · · · · · · · ·		5.59	0.203	3	A	1		6.31	1.58	1.17
Sugars, total		0.00	0.203	3	A	1		0.00		0.00
Sucrose						1			0.00	
Glucose (dextrose)	9	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose		0.00	0.000		A			0.00	0.00	0.00
Lactose		5.41	0.187	3	A	1		6.11	1.53	1.14
Maltose	9	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose		0.18	0.017	3	A	1		0.20	0.05	0.04
Starch	g									
Minerals:										
Calcium, Ca	mg	682	114.769	10	A	1		771	193	143
Iron, Fe	mg	0.26	0.077	10	A	1		0.29	0.07	0.05
Magnesium, Mg	mg	27	1.037	10	A	1		31	8	6
Phosphorus, P	mg	438	46.213	10	A	1		495	124	92
Potassium, K	mg	255	14.508	10	A	1		288	72	53
Sodium, Na	_	1441		0	NR	4		1628	409	303
Zinc, Zn	mg	2.31	0.029	10	A	1		2.61	0.65	0.48
Copper, Cu		0.034	0.003	10	A	1		0.039	0.010	0.007
Manganese, Mn		0.025	0.003	10	A	1		0.029	0.007	0.005
Selenium, Se	µg	19.6		2	A	1		22.2	5.6	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.035		2	A	1		0.040	0.010	0.007
Riboflavin	mg	0.360	0.020	3	A	1		0.407	0.102	0.076
Niacin	mg	0.155		2	A	1		0.175	0.044	0.033
Pantothenic acid	mg	0.855		2	A	1		0.966	0.242	0.180
Vitamin B-6	mg	0.102		1	A	1		0.115	0.029	0.021
Folate, total	µg	7		0		4		8	2	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	7		0		4		8	2	2
Folate, DFE	µg	7		0	NC	4		8	2	2
Choline, total		29.9		0	AS	1		33.8	8.5	6.3
Betaine		1.0		1	A	1		1.2	0.3	0.2
Vitamin B-12		1.33	0.120	3	A	1		1.51	0.38	0.28
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	240		0	AS	1		272	68	50
Retinol		235		1	A	1		266	67	49
Carotene, beta		58		2	A	1		66	17	12
Carotene, alpha		1		2	A	1		1	0	0
Cryptoxanthin, beta		11		2	A	1		12	3	2
Vitamin A, IU		890		0	AS	1		1006	252	187
Lycopene		0		2	A	1		0	0	0
Lutein + zeaxanthin		23		2	A	1		26	6	5
Vitamin E (alpha-tocopherol)		0.63		2	A	1		0.71	0.18	0.13
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.06		2	A	1		0.07	0.02	0.01
Tocopherol, delta		0.01		2	A	1		0.01	0.00	0.00
Tocotrienol, alpha	ma	0.02		2	A	1		0.03	0.01	0.00

	Amo	ount in 10	0 gram Numbe		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Dat	a Deriv	Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.02		2	A	1		0.02	0.01	0.00
Tocotrienol, deltamg	0.05		2	A	1		0.06	0.01	0.01
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	2.5 0.0		4 2	AS A	1 1		2.9 0.0	0.7 0.0	0.5 0.0
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	2.5		2	A	1		2.9	0.0	0.5
Vitamin D	102		2	A	1		115	29	21
Vitamin K (phylloquinone)µg	2.6		2	A	1		3.0	0.7	0.6
Dihydrophylloquinone	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4µg	8.9		2	A	1		10.1	2.5	1.9
Lipids:									
Fatty acids, total saturated9	15.05	7	0	NC	4		17.014	4.269	3.162
4:0g	0.51		029 3	A	1		0.582	0.146	0.108
6:0g	0.44	1 0.	002 3	A	1		0.502	0.126	0.093
8:0g	0.27	5 0.	011 3	A	1		0.312	0.078	0.058
10:0g	0.664	1 0.	027 3	A	1		0.750	0.188	0.139
12:0g	0.74		039 3	A	1		0.840	0.211	0.156
13:0g	0.02		001 3	A	1		0.028	0.007	0.005
14:0g	2.47		127 3	A	1		2.794	0.701	0.519
15:0g	0.26		014 3	A	1 1		0.298	0.075	0.055
16:0g 17:0g	6.83° 0.16		380 3 008 3	A A	1		7.726 0.182	1.938 0.046	1.436 0.034
17:0	2.60		134 3	A	1		2.939	0.737	0.546
20:0g	0.03		003 3	A	1		0.044	0.737	0.008
22:0g	0.018		002 3	A	1		0.020	0.005	0.004
24:0g	0.008		001 3	A	1		0.009	0.002	0.002
Fatty acids, total monounsaturatedg	6.84	5	0	NC	4		7.736	1.941	1.438
14:1g	0.210	0.	012 3	A	1		0.237	0.060	0.044
15:1g	0.000	0.	000 3	A	1		0.000	0.000	0.000
16:1 undifferentiatedg	0.44	5 0.	026 3	AS	1		0.503	0.126	0.094
16:1 cg	0.358		019 3	A	1		0.405	0.102	0.075
16:1 tg	0.08		007 3	A	1		0.098	0.025	0.018
17:1g	0.05		003 3	A	1		0.060 6.720	0.015	0.011
18:1 undifferentiatedg 18:1 cg	5.94° 5.27°		345 3 305 3	AS A	1 1		5.963	1.686 1.496	1.249 1.108
18:1 tg	0.670		041 3	A	1		0.757	0.190	0.141
18:1-11 t (18:1t n-7)g	0.07		041 3		-		0.757	0.150	0.111
20:1	0.19	0.	013 3	A	1		0.214	0.054	0.040
22:1 undifferentiatedg	0.000	0.	000 3	AS	1		0.000	0.000	0.000
22:1 cg	0.000	0.	000 3	A	1		0.000	0.000	0.000
22:1 tg	0.000	0.	000 3	A	1		0.000	0.000	0.000
24:1 cg	0.003	L 0.	001 3	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturatedg	1.049		0	NC	4		1.186	0.297	0.220
18:2 undifferentiatedg	0.80		061 3	AS	1		0.911	0.228	0.169
18:2 n-6 c,c9	0.630		049 3	A	1		0.712	0.179	0.132
18:2 CLAsg	0.01	7 0.	000 3	A	1		0.020	0.005	0.004
18:2 t,tg 18:2 ig									
18:2 t not further defined	0.15	9 0.	015 3	A	1		0.180	0.045	0.033
18:3 undifferentiatedg	0.12		010 3	AS	1		0.139	0.035	0.026
18:3 n-3 c,c,c (ALA)g	0.12		009 3	A	1		0.136	0.034	0.025
18:3 n-6 c,c,cg	0.002	2 0.	000 3	A	1		0.003	0.001	0.000
18:3ig									
18:4g	0.00		001 3	A	1		0.008	0.002	0.001
20:2 n-6 c,cg	0.008		001 3	A	1		0.009	0.002	0.002
20:3 undifferentiatedg	0.028		002 3	AS	1		0.032	0.008	0.006
20:3 n-3g	0.00		001 3	A	1		0.002	0.000	0.000
20:3 n-6g	0.02		002 3	A	1		0.030	0.008	0.006
20:4 undifferentiated	0.03	0.	004 3	A	1		0.041	0.010	0.008
20:4 n-6g 20:5 n-3 (EPA)g	0.008	3 0	004 3	A	1		0.009	0.002	0.002
20.5 II-5 (EFA)	0.000		3		-		0.003	0.002	0.002
22:4g	0.00	5 0.	001 3	A	1		0.007	0.002	0.001
22:5 n-3 (DPA)g	0.018	0.	001 3	A	1		0.020	0.005	0.004

	Amoun	nt in 100 gra	ns of ed	Amount in edible portion of common					
		Num	er			measures of food			
		of Da	ta Deriv	Source	Confidence				
N utrients and Units	Mean Std	. Error Poin			Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.005	0.001	3 A	1		0.006	0.001	0.001	
Fatty acids, total transg	0.917) NC	4		1.036	0.260	0.192	
Fatty acids, total trans-monoenoicg	0.758) NC	4		0.856	0.215	0.159	
Fatty acids, total trans-polyenoicg	0.159) NC	4		0.180	0.045	0.033	
Cholesterolmg	98		2 A	1		110	28	20	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.241) A	1		0.273	0.068	0.051	
Threonineg	0.720) A	1		0.814	0.204	0.151	
Isoleucineg	0.858) A	1		0.970	0.243	0.180	
Leucineg	1.592) A	1		1.799	0.451	0.334	
Lysineg	1.302) A	1		1.471	0.369	0.273	
Methionineg	0.380) A	1		0.430	0.108	0.080	
Cystineg	0.174) A	1		0.197	0.049	0.037	
Phenylalanineg	0.829) A	1		0.937	0.235	0.174	
Tyrosineg	0.833) A	1		0.941	0.236	0.175	
Valineg	1.010) A	1		1.141	0.286	0.212	
Arginineg	0.613) A	1		0.693	0.174	0.129	
Histidineg	0.448) A	1		0.506	0.127	0.094	
Alanineg	0.518) A	1		0.586	0.147	0.109	
Aspartic acidg	1.191) A	1		1.346	0.338	0.250	
Glutamic acidg	3.495) A	1		3.949	0.991	0.734	
Glycineg	0.322) A	1		0.364	0.091	0.068	
Proline	1.847) A	1		2.088	0.524	0.388	
Serineg	0.932) A	1		1.053	0.264	0.196	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0)	7		0.0	0.0	0.0	
Caffeinemg	0) z	7		0	0	0	
Theobrominemg	0) z	7		0	0	0	

Common Measures:

Measure 1 = 113g: 1 cup Measure 2 = 28.35g: 1 oz

Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am ou</u>	nt in 100 gr			ble portion		Amount in edible portion of common measures of food		
			Num	nber	•			m	easures of for	<u> </u>
			of [Data	Deriv	Source Co	onfidence			
Nutrients and U	nits	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.67	0.138	10		1		12.38	99.13	
Energy	kcal	323		0	NC	4		92	734	
Energy	kJ	1352				4		383	3070	
Protein (N x 6.38)		21.92	0.695	10		1		6.21	49.76	
Total lipid (fat)	g	24.14	0.249	10		1		6.84	54.80	
Ash		5.77	0.067	10		1		1.64	13.10	
Carbohydrate, by difference	g	4.50		0	NC	4		1.28	10.22	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
Minerals:	9									
Calcium, Ca	ma	723	31.542	10		1		205	1642	
Iron. Fe	_	0.60	31.342	1		1		0.17	1.36	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	28		1		1		8	64	
Phosphorus, P	_	526		1		1		149	1194	
Potassium, K	_	284		1		1		81	645	
Sodium, Na	_	1552		1		1		440	3523	
Zinc. Zn	_	3.55		0		1		1.01	8.06	
Copper, Cu		0.030		0		1		0.009	0.068	
Manganese, Mn		0.010		0		1		0.003	0.023	
Selenium, Se		16.1		0	BFNN	4		4.6	36.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	_	0.014		0		1		0.004	0.032	
Riboflavin		0.400	0.023			1		0.113	0.908	
Niacin	_	0.104	0.004	7		1		0.029	0.236	
Pantothenic acid		0.500	0,000	1		1		0.142	1.135	
Vitamin B-6	_	0.035		0		4		0.010	0.079	
Folate, total	_	6		0		4		2	13	
Folic acid		0		0	z	7		0	0	
Folate, food	· -	6		0		4		2	13	
Folate, DFE		6		0	NC	4		2	13	
Choline, total										
Betaine	_									
Vitamin B-12	_	2.30		1		1		0.65	5.22	
Vitamin A, RAE		237		0	NC	4		67	538	
Retinol		233		0	NC	4		66	529	
Carotene, beta	· -									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		856	58.062	10		1		243	1943	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am</u>	ount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 15.4	37	0		4		4.391	35.155	
4:0		37	0		4		0.223	1.786	
6:0	g 0.4	72	0		4		0.134	1.071	
8:0	g 0.2	55	0		4		0.075	0.602	
10:0	g 0.5	52	0		4		0.156	1.253	
12:0	g 0.5	46	0		4		0.155	1.239	
13:0	g								
14:0	g 2.6	95	0		4		0.764	6.118	
15:0	-								
16:0	=	38	0		4		1.967	15.749	
17:0	=								
18:0	=	11	0		4		0.712	5.700	
20:0	=								
22:0	=								
24:0Fatty acids, total monounsaturated		11	0		4		1.928	15.438	
14:1	=	<i>,</i>	U		-		1.920	13.430	
15:1	•								
16:1 undifferentiated	•	53	0		4		0.185	1.482	
17:1	•	33	ŭ		•		0.103	1.102	
18:1 undifferentiated	-	91	0		4		1.613	12.919	
20:1	=		0		4		0.000	0.000	
22:1 undifferentiated		00	0		4		0.000	0.000	
24:1 c	=								
Fatty acids, total polyunsaturated		00	0		4		0.170	1.362	
18:2 undifferentiated		30	0		4		0.094	0.749	
18:3 undifferentiated	g 0.2	70	0		4		0.077	0.613	
18:4	g 0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	-								
20:5 n-3 (EPA)	=	00	0		4		0.000	0.000	
21:5									
22:4									
22:5 n-3 (DPA)			0		4		0.000	0.000	
22:6 n-3 (DHA)		00	0		4		0.000	0.000	
Fatty acids, total trans	=		0		1		23	106	
CholesterolPhytosterols	3		U		1		23	186	
·	iiig								
Amino Acids:									
Tryptophan			0		4		0.090	0.724	
Threonine	=		0		4		0.202	1.614	
Isoleucine	=		0		4		0.287	2.300	
Leucine	•		0		4		0.549	4.399	
Lysine			0		4		0.617	4.937	
Methionine			0		4		0.161	1.287	
Cystine	=		0		4		0.040	0.320	
Phenylalanine	=		0		4		0.316	2.527	
Tyrosine			0		4 4		0.340	2.722	
Valine	•		0		4		0.372 0.260	2.981 2.082	
Arginine	•		0		4		0.260	2.082	
HistidineAlanine	•		0		4		0.253	1.249	
Aspartic acid	•		0		4		0.382	3.055	
Asparuc acid	•		0		4		1.290	10.326	
Glycine	•		0		4		0.102	0.819	
Proline			0		4		0.632	5.062	
Serine	•		0		4		0.300	2.402	
Hydroxyproline	•								

NDB No. 01047

Cheese food, pasteurized process, swiss

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01215 Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D

		Amount I	n 100 grams	Amount in edible portion of common					
			Numbei	measures of food					
					Source Co	onfidence			
Nutrients and Un	ito	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Magaura
Nutrients and on	iii S	Mean Stu. E	1101 101113		Oout	Couc	weasure i	weasure 2	Measure (
Proximates:									
Water	g	51.80	0		4		10.88	9.84	
Energy	kcal	240	0		4		50	46	
Energy	kJ	1004	0		4		211	191	
Protein	g	17.60	0		4		3.70	3.34	
Total lipid (fat)	g	14.10	0		4		2.96	2.68	
Ash	g	5.90	0	T	4		1.24	1.12	
Carbohydrate, by difference	g	10.60	0		4		2.23	2.01	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g	8.02	0	BFNN	4		1.68	1.52	
Starch	g								
3.60 1									
Minerals:			_					4.6-	
Calcium, Ca	-	529	0		4		111	101	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.20	0		4 4		0.04 7	0.04	
Magnesium, Mg		33	0		4			6	
Phosphorus, P		829 330	0		4		174 69	158 63	
Potassium, KSodium, Na	-	1201	0	NR	4		252	228	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.36	0	NK	4		0.50	0.45	
Copper, Cu	-	0.030	0		4		0.006	0.006	
Manganese, Mn		0.030	v		-		0.000	0.000	
Selenium, Se		12.4	0	BFNN	4		2.6	2.4	
,,	P9		ŭ	21111	-		2.0	2	
Vitamins:									
Vitamin C, total ascorbic acid	-	0.0	0		4		0.0	0.0	
Thiamin		0.070	0		4		0.015	0.013	
Riboflavin	-	0.480	0		4		0.101	0.091	
Niacin	-	0.180	0		4		0.038	0.034	
Pantothenic acid	-								
Vitamin B-6	-	0.080	0		4		0.017	0.015	
Folate, total		18	0		4		4	3	
Folic acid		0	0	Z	7		0	0	
Folate, food		18	0		4		4	3	
Folate, DFE		18	0	NC T	4 4		4	3	
Choline, total		36.2	U	т	4		7.6	6.9	
Betaine	-	1.11	0		4		0.23	0.01	
Vitamin B-12		0.00	0	z	7		0.23	0.21 0.00	
Vitamin B-12, added		250	0	NC	4		52	47	
Vitamin A, RAE		243	0	BFZN	4		51	46	
11011101		80	0	BFZN	4		17	15	
Carotene, beta		0	0	Z	7		0	0	
Carotene, alpha Cryptoxanthin, beta		0	0	Z	7		0	0	
Vitamin A, IU		945	0	NC	4		198	179	
Lycopene		0	0	Z	7		0	0	
Lutein + zeaxanthin		0	0	z	, 7		0	0	
Vitamin E (alpha-tocopherol)		0.27	0	BFZN	4		0.06	0.05	
Vitamin E, added		0.00	0	Z	7		0.00	0.00	
Tocopherol, beta		••••	J	_	•		*****	0.00	
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha	-								
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		5.3	0	NR	4		1.1	1.0	
Vitamin D		212	0	0	4		45	40	
Vitamin K (phylloquinone)		2.6	0	BFZN	4		0.5	0.5	
Dihydrophylloquinone									
Menaquinone-4									

	Amount in	100 grams o	Amount in edible portion of common				
		Number			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Er	of Data D ror Points C	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
Linida							
Lipids: Fatty acids, total saturatedg	8.850	0	4		1.859	1.682	
4:0g	0.460	0	4		0.097	0.087	
6:0g	0.270	0	4		0.057	0.051	
8:0g	0.210	0	4		0.037	0.040	
10:0g	0.340	0	4		0.071	0.045	
12:0g	0.420	0	4		0.071	0.080	
13:0g	0.120	· ·	*		0.000	0.000	
14:0g	1.450	0	4		0.305	0.276	
15:0	1.130	ŭ	•		0.303	0.270	
16:0g	3.930	0	4		0.825	0.747	
17:0	3.330	ŭ	•		0.023	0.747	
18:0g	1.610	0	4		0.338	0.306	
20:0	1.010	ŭ	•		0.330	0.500	
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	4.130	0	4		0.867	0.785	
14:1		-	_			00,00	
15:1							
16:1 undifferentiatedg	0.370	0	4		0.078	0.070	
17:1g							
18:1 undifferentiatedg	3.470	0	4		0.729	0.659	
20:1g	0.000	0	4		0.000	0.000	
22:1 undifferentiatedg	0.000	0	4		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.410	0	4		0.086	0.078	
18:2 undifferentiatedg	0.270	0	4		0.057	0.051	
18:3 undifferentiated	0.150	0	4		0.032	0.029	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	4		0.000	0.000	
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	4		0.000	0.000	
22:6 n-3 (DHA)g	0.000	0	4		0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	53	0	4		11	10	
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeinemg	0	0	z 7		0	0	
Theobrominemg	0	0	z 7		0	0	

Common Measures:

Measure 1 = 21g: 1 slice 3/4 oz Measure 2 = 19g: 1 slice 2/3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	am s	Amount in edible portion of common						
			Nun	nber	measures of food					
						Source	Confidence			
Nutrients and Ur	nits	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	44.22	0.192		A	1		8.40	9.29	
Energy		312		0	NC	4		59	65	
Energy		1304		0	NC	4		248	274	
Protein		17.12	0.416	15	A	1		3.25	3.60	
Total lipid (fat)	g	23.11	0.258	15	A	1		4.39	4.85	
Ash	-	6.75	0.124	15	A	1		1.28	1.42	
Carbohydrate, by difference		8.80		0	NC	4		1.67	1.85	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total		6.19	0.185	6	A	1		1.18	1.30	
Sucrose	g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	
Fructose	g	0.00	0.000	6	A	1		0.00	0.00	
Lactose	g	6.05	0.145	6	A	1		1.15	1.27	
Maltose	g	0.00	0.000	6	A	1		0.00	0.00	
Galactose	g	0.14	0.040	6	A	1		0.03	0.03	
Starch										
Minerals:										
Calcium, Ca	-	1360		19	A	1		258	286	
Iron, Fe		0.89	0.052		A	1		0.17	0.19	
Magnesium, Mg		33	0.492		A	1		6	7	
Phosphorus, P		799	24.471		A	1		152	168	
Potassium, K	_	283	7.381	19	A	1		54	59	
Sodium, Na	-	1309	11.643		A	1 1		249	275	
Zinc, Zn		2.13 0.037	0.063	19	A A	1		0.40 0.007	0.45 0.008	
Copper, Cu		0.037	0.003		A	1		0.007	0.010	
Selenium, Se		16.2	0.002	3	A	1		3.1	3.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin	_	0.040		2	A	1		0.008	0.008	
Riboflavin	_	0.425	0.025	4	A	1		0.081	0.089	
Niacin	_	0.170		1	A	1		0.032	0.036	
Pantothenic acid	mg	0.463		2	A	1		0.088	0.097	
Vitamin B-6	mg	0.124		1	A	1		0.024	0.026	
Folate, total	_	18		0	BFZN	4		3	4	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	18		0	BFZN	4		3	4	
Folate, DFE	µg	18		0	NC	4		3	4	
Choline, total	mg	35.8		0	AS	1		6.8	7.5	
Betaine	mg	1.2		1	A	1		0.2	0.3	
Vitamin B-12	µg	1.52	0.042	3	A	1		0.29	0.32	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		270		0	AS	1		51	57	
Retinol	µg	248		3	A	1		47	52	
Carotene, beta	µg	248		3	A	1		47	52	
Carotene, alpha	µg	1		3	A	1		0	0	
Cryptoxanthin, beta	µg	23		3	A	1		4	5	
Vitamin A, IU	<u>JU</u>	1261		0	AS	1		240	265	
Lycopene	µg	0		3	A	1		0	0	
Lutein + zeaxanthin	µg	60		3	A	1		11	13	
Vitamin E (alpha-tocopherol)	mg	0.84		2	A	1		0.16	0.18	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.04		2	A	1		0.01	0.01	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha	ma	0.01		2	A	1		0.00	0.00	

	<u>Ar</u>	nount in 1	00 gran	ns of edi	Amount in edible portion of common				
			Num b	er			<u>m</u> :	easures of foo	<u>d</u>
						Confidence			
Nutrients and Units	Mean	Std. Erro	or Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma			2		1		0.00	0.00	
Tocotrienol, delta	-		2		1		0.00	0.00	
Vitamin D (D2 + D3)			3		1		1.2	1.4	
Vitamin D2 (ergocalciferol)µ			3		1		0.0	0.0	
Vitamin D3 (cholecalciferol)µ		5		3 A	1		1.2	1.4	
Vitamin Dll			3		1		49	54	
Vitamin K (phylloquinone)		L	4	2 A	1		0.6	0.6	
Dihydrophylloquinone		1	-	2 A	1		1.0	1.1	
Menaquinone-4	.y	J	2	2 A	1		1.0	1.1	
<u>Lipids:</u>									
Fatty acids, total saturatedg			C		4		2.535	2.802	
4:0g			.005		1		0.089	0.099	
6:0g			0.003 6		1		0.072	0.080	
8:0g			0.002 6		1		0.049	0.054	
10:0g			0.008 6		1		0.112	0.124	
12:0g		558 (0.006 6	5 A	1		0.125	0.138	
13:0g							0.400	0 451	
14:0g			0.015		1 1		0.408	0.451	
15:0			0.003 6		1		0.044	0.049	
16:0			0.040 6				1.130	1.248	
17:0g			0.001 6		1 1		0.027	0.030	
18:0g			0.021 6		1		0.465	0.514	
20:0).000 6).000 6		1		0.007	0.007	
22:0			0.000 6		1		0.003 0.001	0.003	
24:0					4		1.186	0.001 1.311	
Fatty acids, total monounsaturated9			0.001 6		1				
					1		0.032 0.000	0.036 0.000	
15:1).000 6).007 6		1		0.000	0.000	
16:1 cg			0.007 6		1		0.070	0.078	
16:1 tg			0.000		1		0.015	0.017	
17:1g			0.001 6		1		0.009	0.017	
18:1 undifferentiated			0.040		1		1.042	1.152	
18:1 c9			0.035		1		0.919	1.016	
18:1 tg			.007 6		1		0.123	0.136	
18:1-11 t (18:1t n-7)g					_		01120	0.1200	
20:19		L68 (.003 6	5 A	1		0.032	0.035	
22:1 undifferentiated			.001 6		1		0.000	0.000	
22:1 c			.001 6		1		0.000	0.000	
22:1 tg		000	.000 6	5 A	1		0.000	0.000	
24:1 c			.000 6		1		0.000	0.000	
Fatty acids, total polyunsaturatedg		005	C		4		0.191	0.211	
18:2 undifferentiated			.044 6	5 AS	1		0.150	0.166	
18:2 n-6 c.cg		522 (.040 6	5 A	1		0.118	0.131	
18:2 CLAsg	0.0	017 (.002 6	5 A	1		0.003	0.004	
18:2 t,t9									
18:2 i9									
18:2 t not further defined9	0.3	L51 (.007 6	5 A	1		0.029	0.032	
18:3 undifferentiatedg	0.3	L07 (.004 6	5 AS	1		0.020	0.022	
18:3 n-3 c,c,c (ALA)g	0.3	L06 (.004 e	5 A	1		0.020	0.022	
18:3 n-6 c,c,cg	0.0	001 (.001 6	5 A	1		0.000	0.000	
18:3ig	l								
18:4g	0.0	006 (.001 6	5 A	1		0.001	0.001	
20:2 n-6 c,cg	0.0	006 (.000 6	5 A	1		0.001	0.001	
20:3 undifferentiatedg	0.0	028 (.001 6	5 AS	1		0.005	0.006	
20:3 n-3g			.001 6		1		0.000	0.000	
20:3 n-6g		025 (.000 e	5 A	1		0.005	0.005	
20:4 undifferentiatedg		031 (.002	5 A	1		0.006	0.006	
20:4 n-6g									
20:5 n-3 (EPA)9		009 (.000 6	5 A	1		0.002	0.002	
21:5									
22:4g			.001 6		1		0.001	0.001	
22:5 n-3 (DPA)g	0.0	015 (0.000 6	5 A	1		0.003	0.003	

	<u>Am oun</u>	t in 100 gram	s of edi	Amount in edible portion of common				
		Num b	er			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std	of Dat Error Point		Source Code	onfidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.003	0.001 6	A	1		0.001	0.001	
Fatty acids, total transg	0.881	0	NC	4		0.167	0.185	
Fatty acids, total trans-monoenoicg	0.729	0	NC	4		0.139	0.153	
Fatty acids, total trans-polyenoicg	0.151	0	NC	4		0.029	0.032	
Cholesterolmg	78	3	A	1		15	16	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 19g: 1 slice (2/3 oz)Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in	100 grams	or edit	ne portioi	1	Amount in edible portion of common			
			Number	•			measures of food			
					Source C	onfidence				
Nutrients and Un	nite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and of	1113	Mean Std. Di	01				wicasure i	Wedsule 2	wicasure .	
Proximates:										
Water	g	51.80	0		4		14.50			
Energy	kcal	240	0	NC	4		67			
Energy	kJ	1003	0	NC	4		281			
Protein	g	17.60	0		4		4.93			
Total lipid (fat)	g	14.10	0		4		3.95			
Ash	g	5.90	0	NR	4		1.65			
Carbohydrate, by difference	g	10.60	0		4		2.97			
Fiber, total dietary	g	0.0	0		7		0.0			
Sugars, total	g	8.02	0	BFNN	4		2.25			
Starch										
3.61										
Minerals:			_		_					
Calcium, Ca	_	529	0		4		148			
Iron, Fe		0.20	0		4 4		0.06			
Magnesium, Mg	_	33	0		-		9			
Phosphorus, P		829 330	0		4 4		232 92			
Potassium, KSodium, Na	_	1587	0		4		92 444			
Zinc, Zn	_	2.36	0		4		0.66			
Copper, Cu	_	0.030	0		4		0.008			
Manganese, Mn		0.030	Ū		-		0.000			
Selenium. Se	_	12.4	0	BFNN	4		3.5			
, ,			·		-		3.3			
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0	0		4		0.0			
Thiamin	_	0.070	0		4		0.020			
Riboflavin	_	0.480	0		4		0.134			
Niacin	_	0.180	0		4		0.050			
Pantothenic acid	_									
Vitamin B-6	_	0.080	0		4		0.022			
Folate, total	· -	18	0	_	4		5			
Folic acid		0	0	Z	7 4		0			
Folate, food		18	-	NR	4		5			
Folate, DFE		18 36.2	0	NC T	4		5			
Choline, total		36.2	U	1	*		10.1			
Betaine Vitamin B-12	_	1.11	0		4		0.31			
Vitamin B-12, added	· -	0.00	0	z	7		0.00			
Vitamin A, RAE		254	0	NC	4		71			
Retinol		247	0	BFZN	4		69			
Carotene, beta		82	0	BFZN	4		23			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	, 7		0			
Vitamin A, IU		961	0	NC	4		269			
Lycopene		0	0	z	7		0			
Lutein + zeaxanthin		0	0	z	7		0			
Vitamin E (alpha-tocopherol)		0.27	0	BFZN	4		0.08			
Vitamin E, added		0.00	0	Z	7		0.00			
Tocopherol, beta			-							
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.3	0	AS	1		0.1			
Vitamin D		10	0	BFFN	4		3			
Vitamin K (phylloquinone)		2.7	0	BFZN	4		0.7			
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amount in	100 grams of ed	Amount in edible portion of common			
		Number		<u>m</u>	easures of foo	<u>od</u>
		of Data Deri	v Source Confidence			
Nutrients and Units	Mean Std. Eri	or Points Code	e Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>						
Fatty acids, total saturatedg	8.850	0	4	2.478		
4:0g	0.460	0	4	0.129		
6:0g	0.270	0	4	0.076		
8:0g	0.210	0	4	0.059		
10:0g	0.340	0	4	0.095		
12:0g	0.420	0	4	0.118		
13:0g						
14:0g	1.450	0	4	0.406		
15:0g						
16:0g	3.930	0	4	1.100		
17:0g						
18:0g	1.610	0	4	0.451		
20:0g						
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	4.130	0	4	1.156		
14:1g						
15:1g						
16:1 undifferentiated	0.370	0	4	0.104		
17:1g						
18:1 undifferentiatedg	3.470	0	4	0.972		
20:1g	0.000	0	4	0.000		
22:1 undifferentiatedg	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturatedg	0.410	0	4	0.115		
18:2 undifferentiatedg	0.270	0	4	0.076		
18:3 undifferentiatedg	0.150	0	4	0.042		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg		•				
20:4 undifferentiated	0.000	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g	0.000	•		0.000		
22:5 n-3 (DPA)g	0.000	0 0	4 4	0.000		
22:6 n-3 (DHA)g	0.000	U	4	0.000		
Fatty acids, total transg	F2	•	4	15		
Cholesterolmg	53	0	4	15		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	0	0 z	7	0		
Theobrominemg	0	0 z	7	0		

Common Measures:

Measure 1 = 28g: 1 slice 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in 100			bie portio	<u>n</u>		dible portion of easures of foo	
				Number		_		<u> </u>	- usures 01 100	<u> </u>
Nutrients and Un		Maan	Std. Error			Source (Confidence Code	Magazira 1	Magazira 2	Magaura
Nutrients and Un	iits	Mean	Sta. Error	TOILLS	Code	Code	Code	Measure 1	Measure 2	Measure (
Proximates:										
Water	g	66.8	б	0		1		20.06	162.47	
Energy	kcal	197		0	NC	4		59	478	
Energy	kJ	824		0	NC	4		247	2002	
Protein (N x 6.38)	g	10.3	3	0		1		3.10	25.10	
Total lipid (fat)		14.9	2	0		1		4.48	36.26	
Ash		2.4	1	0		1		0.72	5.86	
Carbohydrate, by difference	_	5.4	В	0	NC	4		1.64	13.32	
Fiber, total dietary		0.1		0		4		0.0	0.2	
Sugars, total		0.1	9	0	NR	4		0.06	0.47	
		0.0		0	RA	4		0.02	0.18	
Sucrose		0.0		·		-		0.02	0.10	
Glucose (dextrose)										
Fructose		0.0	7	0	RA	4		0.02	0 17	
Lactose				0		4			0.17	
Maltose	g	0.0	5	U	RA	4		0.01	0.11	
Galactose										
Starch	g									
Minerals:										
Calcium, Ca	mg	311		0		1		93	756	
Iron, Fe	mg	0.3	5	0		1		0.11	0.85	
Magnesium, Mg	mg	19		0		1		6	46	
Phosphorus, P	mg	229		0		1		69	556	
Potassium, K	mg	142		0		1		43	345	
Sodium, Na	mg	493		0		1		148	1198	
Zinc, Zn	mg	1.2	б	0		1		0.38	3.06	
Copper, Cu	mg	0.0	19	0		1		0.006	0.046	
Manganese, Mn	mg	0.0	40	0		1		0.012	0.097	
Selenium, Se	µg	6.6		0	RA	4		2.0	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.6		0		1		0.2	1.5	
Thiamin	-	0.0		0		1		0.013	0.107	
Riboflavin	-	0.2		0		1		0.073	0.590	
Niacin	mg	0.2	04	0		1		0.061	0.496	
Pantothenic acid	mg	0.2		0		1		0.070	0.566	
Vitamin B-6		0.0	45	0		1		0.014	0.109	
Folate, total	µg	10		0	RA	4		3	24	
Folic acid	µg	2		0	NC	4		1	5	
Folate, food	µg	8		0		1		2	19	
Folate, DFE	µg	11		0	NC	4		3	28	
Choline, total	mg	5.1		0	T	4		1.5	12.4	
Betaine	mg									
Vitamin B-12	µg	0.3	5	0		1		0.11	0.85	
Vitamin B-12, added	µg	0.0	0	0	RA	4		0.00	0.00	
Vitamin A, RAE	µg	82		0	NC	4		25	200	
Retinol	µg	80		0	T	4		24	194	
Carotene, beta	µg	26		0	T	4		8	63	
Carotene, alpha	µg	0		0	RA	4		0	0	
Cryptoxanthin, beta	µg	0		0	RA	4		0	0	
Vitamin A, IU	IU	310		0	NC	4		93	753	
Lycopene	µg	0		0	RA	4		0	0	
Lutein + zeaxanthin	µg	0		0	RA	4		0	1	
Vitamin E (alpha-tocopherol)	mg	0.0	9	0	T	4		0.03	0.22	
Vitamin E, added	mg	0.0	0	0	RA	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	ma									

	<u>Aı</u>	nour	nt in 10	0 grams	of edil	ole porti	<u>on</u>	Amount in edible portion of common			
					Num be r				<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units		Mean	Std	. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta	ma										
Vitamin D (D2 + D3)	-	1.	0		0	RA	4		0.3	2.5	
Vitamin D	<u>i</u> U	41			0	RA	4		12	100	
Vitamin K (phylloquinone)	µg	0.	9		0	T	4		0.3	2.2	
Dihydrophylloquinone	µg										
Menaquinone-4	µg										
Lipids:											
Fatty acids, total saturated	g	8.	034		0		1		2.410	19.523	
4:0	g	0.	385		0		1		0.116	0.936	
6:0	g	0.	199		0		1		0.060	0.484	
8:0	_		106		0		1		0.032	0.258	
10:0			230		0		1		0.069	0.559	
12:0		0.	215		0		1		0.065	0.522	
13:0											
14:0	0	1.	231		0		1		0.369	2.991	
15:0	0										
16:0	0	3.	952		0		1		1.186	9.603	
17:0	-										
18:0	_	1.	712		0		1		0.514	4.160	
20:0	-										
22:0	_										
24:0							_				
Fatty acids, total monounsaturated		4.	735		0		1		1.421	11.506	
14:1	_										
15:1	-	•	358		0		1		0 105	0.050	
16:1 undifferentiated	-	0.	338		U		_		0.107	0.870	
17:1	-	4	375		0		1		1.313	10.631	
20:1	-		000		0	RA	4		0.000	0.000	
22:1 undifferentiated	•		000		0	RA RA	4		0.000	0.000	
24:1 c	_	0.	500		U	KA.	-		0.000	0.000	
Fatty acids, total polyunsaturated		1.	397		0		1		0.419	3.395	
18:2 undifferentiated			213		0		1		0.364	2.948	
18:3 undifferentiated			184		0		1		0.055	0.447	
18:4	-		000		0	RA	4		0.000	0.000	
20:2 n-6 c,c					·		-		0.000	0.000	
20:3 undifferentiated											
20:4 undifferentiated	-	0.	000		0	RA	4		0.000	0.000	
20:5 n-3 (EPA)			000		0	RA	4		0.000	0.000	
21:5	-										
22:4	_										
22:5 n-3 (DPA)		0.	000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)	_	0.	000		0	RA	4		0.000	0.000	
Fatty acids, total trans											
Cholesterol	mg	38			0		1		11	92	
Phytosterols	mg	11			0		1		3	27	
Amino Acids:											
Tryptophan	a	0.	123		0		1		0.037	0.299	
Threonine	_		355		0		1		0.107	0.863	
Isoleucine	-		578		0		1		0.173	1.405	
Leucine	_		902		0		1		0.271	2.192	
Lysine	_		772		0		1		0.232	1.876	
Methionine			243		0		1		0.073	0.590	
Cystine			056		0		1		0.017	0.136	
Phenylalanine			484		0		1		0.145	1.176	
Tyrosine			452		0		1		0.136	1.098	
Valine			627		0		1		0.188	1.524	
Arginine	-		351		0		1		0.105	0.853	
Histidine	_		311		0		1		0.093	0.756	
Alanine			279		0		1		0.084	0.678	
Aspartic acid	_		528		0		1		0.188	1.526	
Glutamic acid			214		0		1		0.664	5.380	
Glycine			170		0		1		0.051	0.413	
y	-										

	Amount in	100 grams	Amount in edible portion of common					
		Number				<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std. En	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Prolineg	1.021	0		1		0.306	2.481	
Serineg	0.539	0		1		0.162	1.310	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	RA	4		0.0	0.0	
Caffeinemg	0	0	RA	4		0	0	
Theobrominemg	0	0	RA	4		0	0	

Common Measures:

Measure 1 = 30g: 2 tbsp Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.08 Fat 8.92 Carbohydrate 3.95

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amour	nt in 100 gr	ams	or edi	pie portic	<u>on</u>	Amount in edible portion of common			
			Nur	nbei	r				easures of fo		
						Source	Confidence				
Nutrients and Un	its	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3	
nan one and on								mododio i	modouro 2	in ododi o k	
Proximates:											
Water	g	61.82	2.812	10	A	1		12.98	349.90		
Energy	kcal	176		0	NC	4		37	998		
Energy	kJ	738		0	NC	4		155	4177		
Protein	g	13.41	1.172	10	A	1		2.82	75.90		
Total lipid (fat)	g	8.88	0.221	10	A	1		1.86	50.26		
Ash	g	5.18	0.437	10	A	1		1.09	29.32		
Carbohydrate, by difference	g	10.71		0	NC	4		2.25	60.62		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	7.06	0.399	4	A	1		1.48	39.94		
Starch	g										
Minerals:											
Calcium, Ca	ma	557	85.239	10	A	1		117	3151		
Iron, Fe	-	0.36	0.062		A	1		0.08	2.03		
Magnesium, Mg		27	2.662		A	1		6	152		
Phosphorus, P		931	50.643		A	1		195	5267		
Potassium, K		250	16.126		A	1		53	1416		
Sodium, Na		1102	86.302		A	1		231	6235		
Zinc, Zn	-	1.81	0.074	10	A	1		0.38	10.25		
Copper, Cu	-	0.032	0.004	10	A	1		0.007	0.181		
Manganese, Mn		0.026	0.004	10	A	1		0.005	0.145		
Selenium, Se	µg	15.5	1.335	6	A	1		3.3	87.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.038	0.004	6	A	1		0.008	0.217		
Riboflavin	-	0.442	0.037	6	A	1		0.093	2.500		
Niacin	-	0.153	0.007	6	A	1		0.032	0.868		
Pantothenic acid	-	0.797	0.154	4	A	1		0.167	4.514		
Vitamin B-6	-	0.099	0.012	6	A	1		0.021	0.563		
Folate, total	-	0		0	Z	7		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0	z	7		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		42.6		0	AS	1		8.9	241.0		
Betaine	-										
Vitamin B-12	-	1.17	0.289	6	A	1		0.25	6.64		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE	µg	185		0	AS	1		39	1049		
Retinol		183		2	A	1		38	1036		
Carotene, beta	µg	27	8.497	4	A	1		6	155		
Carotene, alpha	µg	0	0.116	4	A	1		0	1		
Cryptoxanthin, beta		1		2	A	1		0	5		
Vitamin A, IU	JU	656		0	AS	1		138	3715		
Lycopene	µg	0	0.220	4	A	1		0	2		
Lutein + zeaxanthin	µg	11	6.581	4	A	1		2	64		
Vitamin E (alpha-tocopherol)	mg	0.46	0.105	6	A	1		0.10	2.63		
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00		
Tocopherol, beta	g										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	NR	4		0	0		
Vitamin K (phylloquinone)	µg	0.0		0	Z	7		0.0	0.0		
Dihydrophylloquinone											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 5.647 0 NC 1.186 31.959 4:0.....g 0.205 0.004 6 Α 1 0.043 1.161 6:0.....g 0.156 0.002 A 0.033 0.884 0.004 6 0.587 8:0.....g 0.104 Α 1 0.022 10:0.....g 0.247 0.005 6 Α 1 0.052 1,400 0.006 0.280 12:0.....g 6 Α 1 0.059 1.585 13:0.....g 0.017 0.906 6 0.190 5.126 14:0.....g Α 1 0.098 0.003 6 1 Α 0.021 0.554 0.071 14.775 2,610 6 0.548 16:0.....g Α 1 17:0.....g 0.057 0.001 6 1 0.012 0.321 0.962 0.035 6 0.202 5.444 Α 1 18:0.....g 0.014 0.001 6 А 1 0.003 0.081 0.004 0.000 6 Α 1 0.001 0.024 22:0.....g 0.003 0.000 0.001 0.016 24:0.....g 6 Α 1 NC 2.458 0 4 0.516 13.914 14:1.....g 0.092 0.002 6 Α 1 0.019 0.518 0.000 0.000 6 Α 1 0.000 0.000 15:1.....g 16:1 undifferentiated......g 0.152 0.006 6 AS 1 0.032 0.862 0.121 0.004 6 А 1 0.025 0.684 16:1 c......g 0.031 0.002 6 А 1 0.007 0.177 16:1 t.....g 0.018 0.000 0.004 0.102 6 17:1......g Α 1 18:1 undifferentiated......g 2.173 0.080 6 AS 1 0.456 12.299 1.938 0.069 6 0.407 10.970 Α 1 18:1 c.....g 0.235 0.011 6 Α 1 0.049 1.329 18:1 t......g 18:1-11 t (18:1t n-7)......g 0.019 0.001 6 Α 1 0.004 0.108 20:1.....g 0.000 0.000 AS 1 0.000 0.000 22:1 undifferentiated......g 0.000 22:1 c.....g 0.000 6 Α 1 0.000 0.000 0.000 0.000 6 1 0.000 0.000 22:1 t......g Α 0.005 0.001 6 Α 1 0.001 0.025 Fatty acids, total polyunsaturated......g 0.415 NC 4 0.087 2.348 0.013 18:2 undifferentiated......g 0.331 6 AS 1 0.070 1.876 0.226 0.010 A 1 0.047 1.278 18:2 n-6 c.c....g 0.003 18:2 CLAs......g 0.045 1 0.010 0.257 18:2 t,t.....g 18:2 i.....g 0.060 0.002 6 1 0.013 0.340 18:2 t not further defined......g Α 18:3 undifferentiated......g 0.002 0.039 6 0.008 0.223 1 AS 18:3 n-3 c,c,c (ALA)......g 0.039 0.002 6 A 1 0.008 0.220 0.000 0.000 6 0.000 0.000 18:3 n-6 c,c,c.....g Α 1 0.001 0.000 0.000 0.003 18:3i.....g 6 1 0.000 0.000 6 А 1 0.000 0.000 18:4.....g 0.002 0.001 6 Α 0.000 0.009 20:2 n-6 c,c.....g 1 0.011 0.000 6 0.002 0.062 20:3 undifferentiated.....g AS 1 0.000 0.000 6 A 1 0.000 0.000 20:3 n-3.....g 0.000 0.011 6 Α 1 0.002 0.062 20:3 n-6.....g 0.017 0.001 6 1 0.095 20:4 undifferentiated......g Α 0.004 20:4 n-6.....g 0.004 0.000 6 А 1 0.001 0.024 20:5 n-3 (EPA)......g 0.001 6 22:4.....g 0.003 Α 1 0.001 0.019 22:5 n-3 (DPA).....g 0.006 0.000 0.001 0.037 6 Α 1 0.000 22:6 n-3 (DHA)......g 0.000 6 Α 1 0.000 0.000 0.327 0 NC 4 0.069 1.849 Fatty acids, total trans-monoenoic......g 0.266 0 NC 4 0.056 1.506 0.061 NC 0.013 0.343 Fatty acids, total trans-polyenoic......Q Cholesterol....mg 38 3.349 6 Α 1 8 216 Phytosterols.....mg Others: 0.0 7 0.0 0.0 Alcohol, ethyl......g 0 ٥ z 7 0 0

NDB No. 01259

Cheese spread, American or Cheddar cheese base, reduced fat

Amount in 100 grams of edible portion

Number of Data Deriv Source Confidence
Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 piece Measure 2 = 566g: 1 package

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>AM 0</u>	unt in 10	o gram s	oreall	ne portio	<u>011</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean S	itd. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.50		1		1		16.58	140.40	
Energy	kcal	295		0		1		84	708	
Energy	kJ	1234		0		1		350	2962	
Protein	g	7.10		1		1		2.01	17.04	
Total lipid (fat)	g	28.60		1		1		8.11	68.64	
Ash	g	2.30		0	NR	4		0.65	5.52	
Carbohydrate, by difference	g	3.50		0	NC	4		0.99	8.40	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	3.50		0	NR	4		0.99	8.40	
Starch	g									
Minerals:										
Calcium, Ca	ma	71		1		1		20	170	
Iron. Fe	_	1.13		0		4		0.32	2.71	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	6		0		4		2	14	
Phosphorus, P	_	91		1		1		26	218	
Potassium, K		112		0		4		32	269	
Sodium, Na	_	436		0	NR	4		124	1046	
Zinc, Zn	_	0.51		0		4		0.14	1.22	
Copper, Cu	mg	0.015		0		4		0.004	0.036	
Manganese, Mn	mg									
Selenium, Se	µg	2.7		0	BFNN	4		0.8	6.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	
Thiamin	_	0.020		0		4		0.006	0.048	
Riboflavin		0.190		0		4		0.054	0.456	
Niacin	_	0.950		0		4		0.269	2.280	
Pantothenic acid	_									
Vitamin B-6	_	0.040		0		4		0.011	0.096	
Folate, total	_	12		0		4		3	29	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		0		4		3	29	
Folate, DFE		12		0	NC	4		3	29	
Choline, total	mg	27.2		0	BFZN	4		7.7	65.3	
Betaine	mg									
Vitamin B-12	µg	0.40		0		4		0.11	0.96	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	302		0	NC	4		85	724	
Retinol	µg	300		0	BFFN	4		85	720	
Carotene, beta	µg	19		0	T	4		5	46	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		1031		0	NC	4		292	2475	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.77		0	NR	4		0.22	1.85	
Vitamin E, added	_	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				_				_		
Vitamin D (D2 + D3)		0.5		0	AS	1		0.1	1.3	
Vitamin D		21		0	BFFN	4		6	50	
Vitamin K (phylloquinone)		2.4		0	BFFN	4		0.7	5.7	
Dihydrophylloquinone	Πα									

		<u>Am our</u>		0 grams	Amount in edible portion of common measures of food					
				Number				<u> </u>	easures or loc	<u>u</u>
						Source C	onfidence			
Nutrients and Units	s Me	an Sto	l. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	q	18.020		0		4		5.109	43.248	
4:0		0.820		0		4		0.232	1.968	
6:0	-	0.238		0		4		0.067	0.571	
8:0	g	0.279		0		4		0.079	0.670	
10:0	-	0.550		0		4		0.156	1.320	
12:0	-	0.377		0		4		0.107	0.905	
13:0	g									
14:0	g	2.953		0		4		0.837	7.087	
15:0	g									
16:0		8.645		0		4		2.451	20.748	
17:0	g									
18:0	g	3.314		0		4		0.940	7.954	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.071		0		4		2.288	19.370	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.804		0		4		0.228	1.930	
17:1	g									
18:1 undifferentiated	g	6.874		0		4		1.949	16.498	
20:1	g	0.000		0		4		0.000	0.000	
22:1 undifferentiated	g	0.000		0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.033		0		4		0.293	2.479	
18:2 undifferentiated	g	0.632		0		4		0.179	1.517	
18:3 undifferentiated	g	0.402		0		4		0.114	0.965	
18:4	g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)	-	0.000		0		4		0.000	0.000	
21:5	g									
22:4	-									
22:5 n-3 (DPA)		0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)		0.000		0		4		0.000	0.000	
Fatty acids, total trans	-								_	
Cholesterol	3	90		0		4		26	216	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 240g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am ou</u>	nt in 100 g	rams	ot edik	ole portion	1	Amount in edible portion of common			
			Nu	mbei				m	easures of fo	od_	
						Source C	onfidence				
Nutrients and Un	ite	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Weari St	и. <u>Штог</u> - ч					Wicasure i	Weasure 2	Wieasuie	
Proximates:											
Water	g	47.65	0.517	31		1		66.71	116.27	60.99	
Energy	kcal	290		0	NC	4		407	709	372	
Energy	kJ	1215		0		4		1701	2965	1556	
Protein (N x 6.38)	g	16.41	0.449	23		1		22.97	40.04	21.00	
Total lipid (fat)	g	21.23	0.382	28		1		29.72	51.80	27.17	
Ash	g	5.98	0.109	19		1		8.37	14.59	7.65	
Carbohydrate, by difference	g	8.73		0	NC	4		12.22	21.30	11.17	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	7.32		0	BFNN	4		10.25	17.86	9.37	
Starch	g										
Minerals:											
Calcium, Ca	ma	562	14.121	9		1		787	1371	719	
Iron, Fe	_	0.33	0.028			1		0.46	0.81	0.42	
Magnesium, Mg	_	29	2.799			1		40	70	37	
Phosphorus, P		875		0	BFZN	4		1225	2135	1120	
Potassium, K		242	66.976	4		1		339	590	310	
Sodium, Na	mg	1625		0	BFZN	4		2275	3965	2080	
Zinc, Zn	mg	2.59	0.170	5		1		3.63	6.32	3.32	
Copper, Cu	mg	0.033		0		1		0.046	0.081	0.04	
Manganese, Mn	mg	0.020		0		1		0.028	0.049	0.02	
Selenium, Se	µg	11.3	1.073	9	A	1		15.8	27.6	14.5	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0	
Thiamin	_	0.048	0.002	9		1		0.067	0.117	0.06	
Riboflavin	_	0.431	0.023	11		1		0.603	1.052	0.55	
Niacin	_	0.131	0.011	32		1		0.183	0.320	0.16	
Pantothenic acid	mg	0.686		15		1		0.960	1.674	0.87	
Vitamin B-6	mg	0.117	0.004	24		1		0.164	0.285	0.15	
Folate, total	µg	7	0.585	3		1		10	17	9	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	7	0.585	3		1		10	17	9	
Folate, DFE	µg	7		0	NC	4		10	17	9	
Choline, total	mg	36.2		0	T	4		50.7	88.3	46.3	
Betaine	mg										
Vitamin B-12	µg	0.40		1		1		0.56	0.98	0.51	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	173		0	NC	4		242	421	221	
Retinol	µg	168		0	BFFN	4		235	410	215	
Carotene, beta		55		0	BFFN	4		78	135	71	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		653		0	NC	4		914	1593	835	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.19		0	BFFN	4		0.26	0.45	0.24	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		0.4		0	7.0	1		0.5	1 0	۰.	
Vitamin D (D2 + D3)				0	AS				1.0	0.5	
Vitamin D		16		0	BFFN	4		22	38	20	
Vitamin K (phylloquinone)		1.8		0	BFFN	4		2.5	4.4	2.3	
Dihydrophylloquinone	µg										

	<u> </u>	mou	nt in 100	grams	of edil	ble porti	on_	Amount in edible portion of common measures of food			
				umber				<u>m</u>	easures of foc	<u>oa</u>	
Nutrients and Units	Mean	Sto	d. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated	0	327		0		1		18.658	32.518	17.059	
4:0	•	688 408		0		1 1		0.963	1.679	0.881 0.522	
6:0 8:0		311		1		1		0.571 0.435	0.996 0.759	0.322	
10:0	-	513		2		1		0.718	1.252	0.657	
12:0	0	632	0.04	14 4		1		0.885	1.542	0.809	
13:0	g										
14:0	-	181	0.07	77 4		1		3.053	5.322	2.792	
15:0	-	000	0.11			1		0.051		F 560	
16:0 17:0	-	908	0.13	37 4		1		8.271	14.416	7.562	
18:0	-	434	0.10	8 4		1		3.408	5.939	3.116	
20:0											
22:0	g										
24:0											
Fatty acids, total monounsaturated		219		0		1		8.707	15.174	7.960	
14:1 15:1											
16:1 undifferentiated	-	560	0.04	14 4		1		0.784	1.366	0.717	
17:1											
18:1 undifferentiated	g 5	221	0.17	79 4		1		7.309	12.739	6.683	
20:1		000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	•	000		0		1		0.000	0.000	0.000	
24:1 c	-	624		0		1		0.874	1 522	0.799	
Fatty acids, total polyunsaturated		400	0.04			1		0.874	1.523 0.976	0.799	
18:3 undifferentiated	0	223	0.02			1		0.312	0.544	0.285	
18:4		000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g										
20:3 undifferentiated	-										
20:4 undifferentiated	-	000		0		1 1		0.000	0.000	0.000	
20:5 n-3 (EPA) 21:5		000		U		1		0.000	0.000	0.000	
22:4	-										
22:5 n-3 (DPA)	-	000		0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	g 0	000		0		1		0.000	0.000	0.000	
Fatty acids, total trans											
Cholesterol				0		1		77	135	71	
Phytosterols	mg										
Amino Acids:											
Tryptophan	0	239		0		4		0.335	0.583	0.306	
Threonine	0	628		0		1		0.879	1.532	0.804	
IsoleucineLeucine	0	833 780		0		1 1		1.166 2.492	2.033 4.343	1.066 2.278	
Lysine		507		0		1		2.110	3.677	1.929	
Methionine		538		0		1		0.753	1.313	0.689	
Cystine	g 0	105		0		4		0.147	0.256	0.134	
Phenylalanine	g 0	931		0		1		1.303	2.272	1.192	
Tyrosine		890		0		1		1.246	2.172	1.139	
Valine		366		0		1 1		1.912	3.333	1.748	
Arginine Histidine		545 509		0		1		0.763 0.713	1.330 1.242	0.698	
Alanine		602		0		1		0.713	1.242	0.652 0.771	
Aspartic acid		103		0		1		1.544	2.691	1.412	
Glutamic acid		475		0		1		4.865	8.479	4.448	
Glycine		311		0		1		0.435	0.759	0.398	
Proline		320		0		1		3.248	5.661	2.970	
Serine		037		0		1		1.452	2.530	1.327	
Hydroxyproline	y										
Others:											
Alcohol, ethyl	-	. 0		0		7		0.0	0.0	0.0	
Caffeine	mg 0			0	Z	7		0	0	0	

NDB No. 01048

Cheese spread, pasteurized process, American

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 244g: 1 cup Measure 3 = 128g: 1 jar (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Nun	nber	•				easures of foo		
						Source Co	nfidence				
Nutrients and U	Units	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		47.36	0.718	4		1		53.52	13.43	8.52	
Energy		248		0	NC	4		280	70	45	
Energy	kJ	1038		0		4		1173	294	187	
Protein (N x 6.38)	g	11.47	0.589	4		1		12.96	3.25	2.06	
Total lipid (fat)	g	12.22	0.422	4		1		13.81	3.46	2.20	
Ash	g	5.27	0.085	4		1		5.96	1.49	0.95	
Carbohydrate, by difference	g	23.67		0	NC	4		26.75	6.71	4.26	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	23.67		0	NR	4		26.75	6.71	4.26	
Starch	g										
Minerals:											
Calcium, Ca	_	610	182.345	4		1		689	173	110	
Iron, Fe		0.40		0		1		0.45	0.11	0.07	
Magnesium, Mg		41	6.332	4		1		46	12	7	
Phosphorus, P	_	583	155.892 233.722	4 4		1 1		659 514	165 129	105 82	
Potassium, K	-	455 685	272.760	4		1		514 774	129 194	82 123	
Sodium, Na	-	1.92	0.932	4		1		2.17	0.54	0.35	
Zinc, Zn		0.110	0.932	4		1		0.124	0.031	0.02	
Copper, Cu		0.028	0.003	4		1		0.032	0.008	0.00	
Selenium, Se	_	19.2	0.003	0	BFNN	4		21.7	5.4	3.5	
,		17.2		·	22 1111	-		22.7	3.1	3.3	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.1	0.039	4		1		0.1	0.0	0.0	
Thiamin	-	0.026	0.001	4		1		0.029	0.007	0.00	
Riboflavin	_	0.444	0.026	4		1		0.502	0.126	0.08	
Niacin	-	0.317	0.026	4		1		0.358	0.090	0.05	
Pantothenic acid	•	0.083	0.002	4		1		0.094	0.024	0.01	
Vitamin B-6	-	0.051	0.018	4		1		0.058	0.014	0.00	
Folate, total		11	6.394	4	_	1		12	3	2	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		11	6.394	4 0	wa	1 4		12 12	3	2	
Folate, DFE		11 13.7		0	NC BFSN	4		12 15.5	3	2	
Choline, total	=	13.7		U	BFSN	4		15.5	3.9	2.5	
Betaine Vitamin B-12	_	0.81	0.042	4		1		0.92	0.23	0.15	
Vitamin B-12, added		0.00	0.042	0	z	7		0.00	0.23	0.00	
Vitamin A, RAE		437		0	NC	4		494	124	79	
Retinol		437		0	NC NC	4		494	124	79 79	
Carotene, beta		0		0	Z	7		0	0	0	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	0	
Vitamin A, IU		1457		0	NC	4		1646	413	262	
Lycopene		0		0	z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.11		0	BFFN	4		0.12	0.03	0.02	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta				•	=						
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		1.0		0	BFFN	4		1.2	0.3	0.2	
Dihydrophylloquinone	uu										

	<u>A</u>	m oun	t in 10	0 grams	of edil	ole porti	on_	Amount in edible portion			
				Number				<u>m</u>	easures of foo	<u>.d</u>	
Nutrients and Units	Mean	Std	. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Lipids:	a .	711		•		-		4 102	1 050	0.669	
Fatty acids, total saturated	•	711 000		0 0		1 1		4.193 0.000	1.052 0.000	0.668	
6:0	O .	000		0		1		0.000	0.000	0.000	
8:0	•	012		1		1		0.014	0.003	0.002	
10:0	-	012		1		1		0.014	0.003	0.002	
12:0	g 0.	048		1		1		0.054	0.014	0.009	
13:0	-										
14:0	=	049		1		1		0.055	0.014	0.009	
15:0	-	260						0 688	0.650	0 426	
16:0 17:0	=	369		1		1		2.677	0.672	0.426	
18:0	=	222		1		1		1.381	0.346	0.220	
20:0	•			_		_					
22:0	-										
24:0	g										
Fatty acids, total monounsaturated		243		0		1		7.055	1.770	1.124	
14:1											
15:1		000		0		1		0.000	0.000	0.000	
16:1 undifferentiated 17:1		000		U		_		0.000	0.000	0.000	
18:1 undifferentiated		243		1		1		7.055	1.770	1.124	
20:1		000		0		1		0.000	0.000	0.000	
22:1 undifferentiated		000		0		1		0.000	0.000	0.000	
24:1 c	-										
Fatty acids, total polyunsaturated		738		0		1		1.964	0.493	0.313	
18:2 undifferentiated	-	664		1		1		1.880	0.472	0.300	
18:3 undifferentiated	•	074		1		1		0.084	0.021	0.013	
18:4 20:2 n-6 c,c	-	000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c											
20:4 undifferentiated		000		0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)	=	000		0		1		0.000	0.000	0.000	
21:5	g										
22:4	-										
22:5 n-3 (DPA)	•	000		0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	•	000		0		1		0.000	0.000	0.000	
Fatty acids, total trans Cholesterol			0	000 4		1		0	0	0	
			•	000 1		-		v	·	Ü	
,	. 5										
Amino Acids:	~ ^			•		-		0 151			
Tryptophan Threonine	.0	151 397		0 0		1 1		0.171 0.449	0.043 0.113	0.027 0.071	
Isoleucine	•	570		0		1		0.644	0.113	0.103	
Leucine	•	924		0		1		1.044	0.262	0.166	
Lysine	•	793		0		1		0.896	0.225	0.143	
Methionine		282		0		1		0.319	0.080	0.051	
Cystine	g 0.	050		0		1		0.057	0.014	0.009	
Phenylalanine		525		0		1		0.593	0.149	0.095	
Tyrosine	•	572		0		1		0.646	0.162	0.103	
Valine	.0	680		0		1 1		0.768	0.193	0.122	
Arginine Histidine	•	388 286		0		1		0.438 0.323	0.110 0.081	0.070 0.051	
Alanine	•	273		0		1		0.323	0.081	0.049	
Aspartic acid	•	682		0		1		0.771	0.193	0.123	
Glutamic acid	•	172		0		1		2.454	0.616	0.391	
Glycine	.0	167		0		1		0.189	0.047	0.030	
Proline	g 1.	036		0		1		1.171	0.294	0.186	
Serine	•	532		0		1		0.601	0.151	0.096	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g 0.	0		0		7		0.0	0.0	0.0	
Caffeine	mg 0			0	Z	7		0	0	0	

NDB No. 01161 Cheese substitute, mozzarella

	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food			
Nutrients a	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3		
Theobromine	ma	0		0	7.	7		0	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in	i ioo grains	or eun	ne por tio	<u>'11</u>	Amount in edible portion of common			
			Number	•			measures of food			
					Source (Confidence				
Nutrients and Un	vite	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and or	iits	Weari Stu. Li	101				Wicasure i	Wiedsule 2	wieasuie .	
Proximates:										
Water	g	65.47	0	NC	4		12.44			
Energy		126	0	NC	4		24			
Energy		529	0	NC	4		101			
Protein (N x 6.25)		21.05	0	LC	8		4.00			
Total lipid (fat)		0.00	0	LC	8		0.00			
Ash		2.95	0	0	4		0.56			
Carbohydrate, by difference	_	10.53	0	LC	8		2.00			
Fiber, total dietary		0.0	0	LC	8		0.0			
Sugars, total		5.26	0	LC	8		1.00			
Starch										
S										
Minerals:										
Calcium, Ca	_	789	0	LC	8		150			
Iron, Fe	_	0.00	0	LC	8		0.00			
Magnesium, Mg		115	0	FLC	4		22			
Phosphorus, P		316	0	FLC	4		60			
Potassium, K	_	393	0	FLC	4		75			
Sodium, Na	•	1316	0	LC	8		250			
Zinc, Zn	_	4.11	0	FLC	4		0.78			
Copper, Cu		0.559	0	FLC	4		0.106			
Manganese, Mn	_	14.6	0	TT 0	4		2.8			
Selenium, Se	µg	14.6	U	FLC	4		2.8			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	LC	8		0.0			
Thiamin	mg	0.412	0	FLC	4		0.078			
Riboflavin	mg	0.545	0	FLC	4		0.104			
Niacin	mg	5.560	0	FLC	4		1.056			
Pantothenic acid	mg									
Vitamin B-6	mg	0.567	0	FLC	4		0.108			
Folate, total	µg	9	0	BFZN	4		2			
Folic acid		0	0	BFZN	4		0			
Folate, food		9	0	BFZN	4		2			
Folate, DFE		9	0	NC	4		2			
Choline, total		38.4	0	FLC	4		7.3			
Betaine	_		_							
Vitamin B-12		1.85	0	FLC	4		0.35			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		56 	0	NC	4		11			
Retinol	· -	55	0	BFZN	-		11			
Carotene, beta		3	0	FLC	4		0			
Carotene, alpha		0 0	0	FLC	4 4		0 0			
Cryptoxanthin, beta		189	0	FLC	4		36			
Vitamin A, IU		0	0	NC FLC	4		0			
Lycopene	· -	0	0	FLC	4		0			
Lutein + zeaxanthin		0.27	0	BFZN	4		0.05			
Vitamin E (alpha-tocopherol)		0.00	0	BFZN	4		0.00			
Vitamin E, added Tocopherol, beta		0.00	U	DF ZIN	*		0.00			
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.1	0	BFZN	4		0.0			
Vitamin D		5	0	BFZN	4		1			
Vitamin K (phylloquinone)		0.2	0	FLC	4		0.0			
Dihydrophylloquinone		*· -	J		-		•••			
Menaquinone-4										

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.000	0	LC	8		0.000		
4:0g	0.000	0	FLC	4		0.000		
6:0g	0.000	0	FLC	4		0.000		
8:0g	0.000	0	FLC	4		0.000		
10:0g	0.000	0	FLC	4		0.000		
12:0g	0.000	0	FLC	4		0.000		
13:0g								
14:0g	0.000	0	FLC	4		0.000		
15:0g								
16:0g	0.000	0	FLC	4		0.000		
17:0g								
18:0g	0.000	0	FLC	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	FLC	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	FLC	4		0.000		
17:1g								
18:1 undifferentiatedg	0.000	0	FLC	4		0.000		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.000	0	FLC	4		0.000		
18:2 undifferentiated	0.000	0	FLC	4		0.000		
18:3 undifferentiatedg	0.000	0	FLC	4		0.000		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	a					
20:4 undifferentiatedg	0.000	0	FLC FLC	4 4		0.000		
20:5 n-3 (EPA)g	0.000	U	FLC	4		0.000		
21:5g								
22:4g	0.000	•	TT C	4		0.000		
22:5 n-3 (DPA)g	0.000 0.000	0	FLC FLC	4 4		0.000		
22:6 n-3 (DHA)	0.000	0	LC	8		0.000		
Fatty acids, total trans	26	0	LC	8		5		
	40	U	TC	O		5		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 19g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Amount i</u>	n 100 grams	of edi	ble portion		Amount in edible portion of common			
			Num be	r			measures of food			
					Source Co	onfidence	_			
Nutrients and Un	its	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	42.48	0	RA	4		11.90			
Energy	kcal	358	0	RA	4		100			
Energy	kJ	1497	0	RA	4		419			
Protein	g	23.54	0	RA	4		6.59			
Total lipid (fat)	g	28.51	0	RA	4		7.98			
Ash	_	3.72	0	RA	4		1.04			
Carbohydrate, by difference		1.75	0	RA	4		0.49			
Fiber, total dietary		0.0	0	RA	4		0.0			
Sugars, total		1.23	0	RA	4		0.34			
Sucrose		0.07	0	RA	4		0.02			
Glucose (dextrose)		0.14	0	RA	4		0.04			
Fructose		0.04	0	RA	4		0.01			
Lactose		0.08 0.06	0	RA RA	4 4		0.02 0.02			
Maltose		0.04	0	RA RA	4		0.02			
Galactose		0.04	U	KA	*		0.01			
	9									
Minerals:		650	•				104			
Calcium, Ca	-	659 0.59	0	RA RA	4 4		184 0.16			
Iron, Fe		25	0	RA RA	4		7			
Phosphorus, P		438	0	RA	4		123			
Potassium, K		85	0	RA	4		24			
Sodium, Na	-	338	0	NR	4		95			
Zinc, Zn	mg	3.01	0	RA	4		0.84			
Copper, Cu	mg	0.025	0	RA	4		0.007			
Manganese, Mn		0.022	0	RA	4		0.006			
Selenium, Se	µg	15.0	0	RA	4		4.2			
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	0	RA	4		0.0			
ThiaminRiboflavin	-	0.023 0.318	0	RA RA	4 4		0.006			
Niacin		0.114	0	RA RA	4		0.089 0.032			
Pantothenic acid	-	0.249	0	RA	4		0.070			
Vitamin B-6	•	0.061	0	RA	4		0.017			
Folate, total		13	0	RA	4		4			
Folic acid		0	0	RA	4		0			
Folate, food	µg	13	0	RA	4		4			
Folate, DFE	µg	13	0	NC	4		4			
Choline, total	mg	15.7	0	RA	4		4.4			
Betaine	mg	0.2	0	RA	4		0.0			
Vitamin B-12		1.23	0	RA	4		0.35			
Vitamin B-12, added		0.00	0	RA	4		0.00			
Vitamin A, RAE		174	0	RA	4		49			
Retinol		170	0	RA DA	4		48			
Carotene, beta		56 0	0	RA RA	4 4		16 0			
Carotene, alpha Cryptoxanthin, beta		0	0	RA RA	4		0			
Vitamin A, IU		659	0	RA RA	4		185			
Lycopene		0	0	RA	4		0			
Lutein + zeaxanthin		0	0	RA	4		0			
Vitamin E (alpha-tocopherol)		0.25	0	RA	4		0.07			
Vitamin E, added		0.00	0	RA	4		0.00			
Tocopherol, beta										
Tocopherol, gamma		0.00	0	RA	4		0.00			
Tocopherol, delta	g	0.00	0	RA	4		0.00			
Tocotrienol, alpha										
Tocotrienol, beta	mg									

Nutrients and Units Number Section Number Section Sect		<u>Am</u>	Amount in 100 grams of edible portion				Amount in edible portion of common			
Nutrients and Units				Number				<u>m e</u>	easures of foo	<u>d</u>
Tecerizaria (selfa. 100	Nutrients and Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3
Tecerizaria (selfa. 100										
Visitation 102 - 103	Tocotrienol, gamma	mg								
Vitation D. U 2.5 0 RA 4 6 Vitation K (Spighopatonous. HØ 0.0 0 RA 4 0.7 Diblydrophaltoquinous. HØ 0.0 0 RA 4 0.7 Upplex Upplex Upplex Upplex 4.0 9 0.922 0 RA 4 0.259 4.0 9 0.922 0 RA 4 0.259 4.0 9 0.242 0 RA 4 0.259 8.0 0 0.247 0 RA 4 0.259 15.0 0 0.222 0 RA 4 0.259 15.0 0 0.252 0 RA 4 0.249 15.0 0 0 0.242 0 RA 4 0.249 15.0 0 0 0.7925 0 RA 4 0.944 15.0 0 0 0.7621 0 RA 4										
Visualin Republicationnes 19										
Diphydopyle Inquinome 143 Management 145				-						
Farty acids, bords numerated				-		_				
Farty acids, bords numerated	•									
40		n 17.0	27	0	Dλ	4		1 769		
60										
8.0.										
120			71	0	RA	4		0.076		
150	10:0	g 0.5	68	0	RA	4		0.159		
140		=	27	0	RA	4		0.148		
15-0		-								
160		•	26	0	RA	4		0.847		
170		-	25	0	PΔ	4		2 219		
18.0		=				-		2.227		
22-0. 9 24-10. 9 15-11. 9 16-11 undifferentiated. 9 16-12 undifferentiated. 9 17-12 undifferentiated. 9 18-12 undifferentiated. 9 18-13 undifferentiated. 9 18-13 undifferentiated. 9 18-13 undifferentiated. 9 18-13 undifferentiated. 9 18-14 undifferentiated. 9 18-15 undifferenti		=	72	0	RA	4		0.944		
24-0. 9 Fatty acids, total monounsuraried. 0 14-1. 9 15-1. 9 15-1. 9 16-1 undifferentiated. 9 18-1 undifferentiated. 9 18-2-1 undifferentiated. 9 18-2-1 undifferentiated. 9 18-2-1 undifferentiated. 9 18-3 undifferentiated. 9 18-4 undifferentiated. 9 18-5 undifferentiated. 9 18-6 undifferentiated. 9 18-8 undifferentiated	20:0	g								
Fathy acids, rotal monounsaturated		=								
141										
15-1	2	•	71	0	RA	4		2.204		
16 undifferentiated		=								
17-1		-	57	0	RA	4		0.240		
20-1		=								
22-1 undifferentiated	18:1 undifferentiated	g 7.0	15	0	RA	4		1.964		
24:1 c. 9 0.864 0 RA 4 0.242 18:2 undifferentiated. 9 0.532 0 RA 4 0.149 18:3 undifferentiated. 9 0.332 0 RA 4 0.093 18:4 9 0.000 0 RA 4 0.000 20:2 n-6 c.c. 9 0.000 0 RA 4 0.000 20:3 undifferentiated. 9 0.000 0 RA 4 0.000 20:5 n-3 (EPA). 9 0.000 0 RA 4 0.000 21:5. 9 0.000 0 RA 4 0.000 21:5. 9 0.000 0 RA 4 0.000 21:5. 9 0.000 0 RA 4 0.000 22:4. 9 0.000 0 RA 4 0.000 Faty scids, total trans. 9 0.000 RA 4 0.000	20:1	g 0.0	00	0	RA			0.000		
Fatty acids, total polyunsaturated. 9 0.864 0 RA 4 0.242 18:2 undifferentiated. 9 0.532 0 RA 4 0.149 18:3 undifferentiated. 9 0.332 0 RA 4 0.093 18:4 9 0.000 0 RA 4 0.000 20:2 n 6 c 9 20:3 undifferentiated. 9 0.000 0 RA 4 0.000 20:2 n 6 c 9 20:3 undifferentiated. 9 0.000 0 RA 4 0.000 20:5 n 6 (EPA). 9 0.000 0 RA 4 0.000 21:5 9 22:4 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 9 C 9 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 21:5 0 RA 4 0.000 22:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 23:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 24:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 25:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 26:5 n 3 (DPA). 9 0.000 27:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 28:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 29:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 20:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 20:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 20:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 20:5 n 3 (DPA). 9 0.000 0 RA 4 0.000 20:5 n 3 (DPA). 9			00	0	RA	4		0.000		
18:2 undifferentiated. 9 0.532 0 RA 4 0.149 18:3 undifferentiated. 9 0.332 0 RA 4 0.093 18:4 9 0.000 0 RA 4 0.000 20:2 n-6 c, c.			e 1	0	DA	4		0.242		
18:3 undifferentiated 9 0.332 0 RA 4 0.093 18:4 9 0.000 0 RA 4 0.000 20:2 n-6 c.c 9 20:3 undifferentiated 9 0.000 0 RA 4 0.000 20:4 undifferentiated 9 0.000 0 RA 4 0.000 20:5 n-3 (EPA) 9 0.000 0 RA 4 0.000 21:5 9 9 0.000 0 RA 4 0.000 22:4 9 9 0.000 0 RA 4 0.000 22:5 n-3 (DPA) 9 0.000 0 RA 4 0.000 22:6 n-3 (DPA) 9 0.000 0 RA 4 0.000 25 nty action in many contractions 9 0.000 RA 4 0.000 25 nty action in many contractions 9 0.355 0 RA 4 0.099 Through contraction in many contractions 9 0.869 0 RA 4 <		3								
18:4.		•								
20:3 undifferentiated. 9		=	00	0	RA	4				
20:4 undifferentiated	20:2 n-6 c,c	g								
20:5 n-3 (EPA) 9 0 0.000 0 RA 4 0.000 21:5 9 22:4 9 22:5 n-3 (DPA) 9 0.000 0 RA 4 0.000 22:5 n-3 (DPA) 9 0.000 0 RA 4 0.000 22:5 n-3 (DHA) 9 0.000 0 RA 4 0.000 Fatty acids, total trans 9 Cholesterol mg 9 55 0 RA 4 26 Phytosterols mg **Mino Acids:** Trypophan 9 0.355 0 RA 4 0.099 Threonine 9 0.869 0 RA 4 0.243 Isoleucine 9 1.356 0 RA 4 0.380 Leucine 9 1.356 0 RA 4 0.380 Leucine 9 1.655 0 RA 4 0.607 Lysine 9 1.655 0 RA 4 0.607 Lysine 9 0.600 0 RA 4 0.607 Lysine 9 0.600 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.466 Cystine 9 0.117 0 RA 4 0.336 Tyrosine 9 0.117 0 RA 4 0.336 Tyrosine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.122 0 RA 4 0.336 Tyrosine 9 1.511 0 RA 4 0.334 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.665 0 RA 4 0.220 Histidine 9 0.665 0 RA 4 0.206 Alanine 9 0.665 0 RA 4 0.182 Aspartic acid 9 0.665		•								
21:5		•								
22:4	` '	=	00	U	RA	4		0.000		
22:5 n 3 (DPA) 9 0.000 0 RA 4 0.000 22:6 n 3 (DHA) 9 0.000 0 RA 4 0.000 Fatty acids, total trans 9 Cholesterol. mg 95 0 RA 4 26 Phytosterols. mg Security Tryptophan. 9 0.355 0 RA 4 0.099 Threonine. 9 0.869 0 RA 4 0.243 Isoleucine. 9 1.356 0 RA 4 0.380 Leucine. 9 1.655 0 RA 4 0.464 Methionine. 9 0.600 0 RA 4 0.168 Cystine. 9 0.117 0 RA 4 0.033 Phenylalanine. 9 1.200 0 RA 4 0.336 Tyrosine. 9 1.122 0 RA 4 0.336 Tyrosine. 9 1.511 0 RA		-								
22:6 n-3 (DHA) 9 0.000 0 RA 4 0.000 Fatty acids, total trans. 9 95 0 RA 4 26 Phytosterols. mg 9 0 RA 4 26 Phytosterols. mg 0 RA 4 0.099 Amino Acids: Tryptophan. 9 0.355 0 RA 4 0.099 Threonine. 9 0.869 0 RA 4 0.243 Isoleucine. 9 1.356 0 RA 4 0.380 Leucine. 9 1.655 0 RA 4 0.607 Lysine. 9 1.655 0 RA 4 0.464 Methionine. 9 0.600 0 RA 4 0.033 Phenylalanine. 9 1.200 0 RA 4 0.336 Tyrosine. 9 1.511 0 RA 4 0.314 Valine. 9 1.511		•	00	0	RA	4		0.000		
Cholesterol. mg 95 0 RA 4 26 Phytosterols. mg 8 8 4 26 Amino Acids: Tryptophan. g 0.355 0 RA 4 0.099 Threonine. g 0.869 0 RA 4 0.243 Isoleucine. g 0.869 0 RA 4 0.380 Leucine. g 1.356 0 RA 4 0.607 Lysine. g 2.170 0 RA 4 0.607 Lysine. g 1.655 0 RA 4 0.464 Methionine. g 0.600 0 RA 4 0.168 Cystine. g 0.117 0 RA 4 0.033 Phenylalanine. g 1.200 0 RA 4 0.334 Valine. g 1.511 0 RA 4 0.423			00	0	RA	4		0.000		
Phytosterols	•									
Amino Acids: Tryptophan 9 0.355 0 RA 4 0.099 Threonine 9 0.869 0 RA 4 0.243 Isoleucine 9 1.356 0 RA 4 0.380 Leucine 9 2.170 0 RA 4 0.607 Lysine 9 1.655 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.168 Cystine 9 0.117 0 RA 4 0.033 Phenylalanine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.511 0 RA 4 0.334 Valine 9 0.785 0 RA 4 0.423 Arginine 9 0.735 0 RA 4 0.220 Histidine 9 0.650 0 RA 4 0.182		0		0	RA	4		26		
Tryptophan. g 0.355 0 RA 4 0.099 Threonine. g 0.869 0 RA 4 0.243 Isoleucine. g 1.356 0 RA 4 0.380 Leucine. g 2.170 0 RA 4 0.607 Lysine. g 1.655 0 RA 4 0.464 Methionine. g 0.600 0 RA 4 0.168 Cystine. g 0.117 0 RA 4 0.033 Phenylalanine. g 1.200 0 RA 4 0.336 Tyrosine. g 1.122 0 RA 4 0.314 Valine. g 0.785 0 RA 4 0.423 Arginine. g 0.735 0 RA 4 0.206 Histidine. g 0.650 0 RA 4 0.182	Phytosterols	mg								
Threonine 9 0.869 0 RA 4 0.243 Isoleucine 9 1.356 0 RA 4 0.380 Leucine 9 2.170 0 RA 4 0.607 Lysine 9 1.655 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.168 Cystine 9 0.117 0 RA 4 0.336 Tyrosine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.122 0 RA 4 0.316 Tyrosine 9 1.122 0 RA 4 0.314 Valine 9 1.511 0 RA 4 0.423 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.420	Amino Acids:									
Isoleucine 9 1.356 0 RA 4 0.380 Leucine 9 2.170 0 RA 4 0.607 Lysine 9 1.655 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.168 Cystine 9 0.117 0 RA 4 0.033 Phenylalanine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.122 0 RA 4 0.314 Valine 9 1.511 0 RA 4 0.423 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.440	** *	3								
Leucine 9 2.170 0 RA 4 0.607 Lysine 9 1.655 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.168 Cystine 9 0.117 0 RA 4 0.033 Phenylalanine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.122 0 RA 4 0.314 Valine 9 1.511 0 RA 4 0.423 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.440		•		-						
Lysine 9 1.655 0 RA 4 0.464 Methionine 9 0.600 0 RA 4 0.168 Cystine 9 0.117 0 RA 4 0.033 Phenylalanine 9 1.200 0 RA 4 0.336 Tyrosine 9 1.122 0 RA 4 0.314 Valine 9 1.511 0 RA 4 0.423 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.440		•		-						
Methionine g 0.600 0 RA 4 0.168 Cystine g 0.117 0 RA 4 0.033 Phenylalanine g 1.200 0 RA 4 0.336 Tyrosine g 1.122 0 RA 4 0.314 Valine g 1.511 0 RA 4 0.423 Arginine g 0.785 0 RA 4 0.220 Histidine g 0.735 0 RA 4 0.206 Alanine g 0.650 0 RA 4 0.182 Aspartic acid g 1.570 0 RA 4 0.440		•		-						
Cystine	•	•								
Phenylalanine g 1.200 0 RA 4 0.336 Tyrosine g 1.122 0 RA 4 0.314 Valine g 1.511 0 RA 4 0.423 Arginine g 0.785 0 RA 4 0.220 Histidine g 0.735 0 RA 4 0.206 Alanine g 0.650 0 RA 4 0.182 Aspartic acid g 1.570 0 RA 4 0.440		0		0						
Valine 9 1.511 0 RA 4 0.423 Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.440	•		00	0	RA			0.336		
Arginine 9 0.785 0 RA 4 0.220 Histidine 9 0.735 0 RA 4 0.206 Alanine 9 0.650 0 RA 4 0.182 Aspartic acid 9 1.570 0 RA 4 0.440	-	•		-						
Histidine g 0.735 0 RA 4 0.206 Alanine g 0.650 0 RA 4 0.182 Aspartic acid g 1.570 0 RA 4 0.440		•		-						
Alanine	9	•								
Aspartic acidg 1.570 0 RA 4 0.440		•								
		•								
	•	•		0	RA	4		1.513		

	<u>Am oun</u>	t in 100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std	of Data . Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Glycineg	0.403	0	RA	4		0.113		
Prolineg Serineg Hydroxyprolineg	2.580 1.198	0	RA RA	4 4		0.722 0.335		
Others: Alcohol, ethylg	0.0	0	RA	4		0.0		
Caffeinemg Theobrominemg	0 0	0	RA RA	4 4		0 0		

Common Measures:

Measure 1 = 28g: .25 cup shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Ame	ount in 10	0 grams	of edik	ole portion	•	Amount in edible portion of common			
				Number					easures of fo		
						Source Co	nnfidence				
Nutrients and Un	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	48.20		1	A	1		13.66	13.50		
Energy		282		2	LC	8		80	79		
Energy		1180		2	LC	8		335	330		
Protein		24.69		2	LC	8		7.00	6.91		
Total lipid (fat)		19.40		2	LC	8		5.50	5.43		
Ash	-	4.30		1	A	1		1.22	1.20		
Carbohydrate, by difference	-	3.41		0	NC	4		0.97	0.95		
Fiber, total dietary		0.0		2	LC	8		0.0	0.95		
•		0.56		0	BFNN	-		0.16	0.16		
Sugars, total		0.50		U	DFIN	-		0.10	0.16		
	y										
Minerals: Calcium, Ca	ma	1146		2	LC	8		325	321		
Iron, Fe	-	0.13		1	A.	1		0.04	0.04		
Magnesium, Mg		35		1	A	1		10	10		
Phosphorus, P		583		1	A	1		165	163		
Potassium, K		93		1	A	1		26	26		
Sodium, Na	_	776		2	LC	8		220	217		
Zinc, Zn	_	4.30		1	A	1		1.22	1.20		
Copper, Cu		0.02	1	0	BFZN	4		0.006	0.006		
Manganese, Mn											
Selenium, Se	-	15.5		0	BFNN	4		4.4	4.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.03	0	1	A	1		0.009	0.008		
Riboflavin	-	0.30		1	A	1		0.009	0.084		
Niacin	-	0.06		1	A	1		0.017	0.034		
Pantothenic acid	-	0.00	·	_		-		0.017	0.017		
Vitamin B-6		0.08	4	1	A	1		0.024	0.024		
Folate, total	-	20	-	0	BFNN	4		6	5		
Folic acid		0		0	Z	7		0	0		
Folate, food		20		0	BFNN	4		6	5		
Folate, DFE		20		0	NC	4		6	5		
Choline, total		13.5		0	BFSN	4		3.8	3.8		
Betaine	-										
Vitamin B-12		1.66		1	A	1		0.47	0.46		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		155		0	NC	4		44	43		
Retinol		151		0	BFFN	4		43	42		
Carotene, beta		50		0	BFFN	4		14	14		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		586		0	NC	4		166	164		
Lycopene	µg	0		0	Z	7		0	0		
Lutein + zeaxanthin	µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFFN	4		0.05	0.05		
Vitamin E, added	<u>mg</u>	0.00		0	BFZN	4		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.4		0	AS	1		0.1	0.1		
Vitamin D		14		0	BFFN	4		4	4		
Vitamin K (phylloquinone)		1.6		0	BFFN	4		0.5	0.5		
Dihydrophylloquinone											
Menaquinone-4	µg										

		<u>An</u>	ount in 10			Amount in edible portion of common measures of food				
				Number				<u>m</u>	easures of foc	<u>ou</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	11.5	80	1	A	1		3.283	3.242	
4:0		0.7	20	1	A	1		0.204	0.202	
6:0	g	0.4	20	1	A	1		0.119	0.118	
8:0	g	0.2	40	1	A	1		0.068	0.067	
10:0	g	0.5	20	1	A	1		0.147	0.146	
12:0	g	0.5	60	1	A	1		0.159	0.157	
13:0	g									
14:0	g	1.8	80	1	A	1		0.533	0.526	
15:0	g									
16:0	g	5.0	20	1	A	1		1.423	1.406	
17:0	g									
18:0	g	2.2	40	1	A	1		0.635	0.627	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.0	20	1	A	1		1.423	1.406	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.3	00	1	A	1		0.085	0.084	
17:1	g									
18:1 undifferentiated	g	4.4	70	1	A	1		1.267	1.252	
20:1	g	0.0	40	1	A	1		0.011	0.011	
22:1 undifferentiated	g	0.0	00	1	A	1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.7	50	1	A	1		0.213	0.210	
18:2 undifferentiated	g	0.5	70	1	A	1		0.162	0.160	
18:3 undifferentiated	g	0.1	.30	1	A	1		0.037	0.036	
18:4	g	0.0	00	1	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.0	30	1	A	1		0.009	0.008	
20:5 n-3 (EPA)	g	0.0	00	1	A	1		0.000	0.000	
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.0	00	1	A	1		0.000	0.000	
22:6 n-3 (DHA)	g	0.0	00	1	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	62		2	LC	8		18	17	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 28g: .25 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 10	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source C	Confidence				
Nutrients and Un	nits	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:	•	63.60		0	M	4		17 01			
Water	-	63.60		0	NR	4		17.81			
Energy		127		0	NC	4		36			
Energy		532		0	NC	4		149			
Protein	=	28.40		0	BFZN	4		7.95			
Total lipid (fat)	_	0.00		0	NR	4		0.00			
Ash	_	4.50		0	NR	4		1.26			
Carbohydrate, by difference		3.40		0	BFZN	4		0.95			
Fiber, total dietary		0.0		-	BFZN	4		0.0			
Sugars, total		1.33		0	BFZN	4		0.37			
Starch	g										
Minerals:	pa ==	0.55		_				060			
Calcium, Ca	-	961		0	BFZN	4		269			
Iron, Fe		0.17 36		0	BFZN BFZN	4 4		0.05 10			
Magnesium, Mg		605		0	BFZN	4		169			
Phosphorus, P Potassium, K		605 111		0	BFZN BFZN	4		169 31			
Sodium, Na	-	1000		0	BFZN	4		280			
Zinc, Zn	-	3.90		0	BFZN	4		1.09			
Copper, Cu		0.027		0	BFZN	4		0.008			
Manganese, Mn											
Selenium, Se		12.7		0	BFZN	4		3.6			
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0			
Thiamin	-	0.020	ı	0	BFZN	4		0.006			
Riboflavin	_	0.360		0	BFZN	4		0.101			
Niacin	-	0.090		0	BFZN	4		0.025			
Pantothenic acid	_										
Vitamin B-6		0.080	1	0	BFZN	4		0.022			
Folate, total	µg	6		0	BFZN	4		2			
Folic acid	µg	0		0	BFZN	4		0			
Folate, food	µg	6		0	BFZN	4		2			
Folate, DFE	µg	6		0	NC	4		2			
Choline, total	mg	15.4		0	BFZN	4		4.3			
Betaine	mg										
Vitamin B-12	µg	1.68		0	BFZN	4		0.47			
Vitamin B-12, added		0.00		0	BFZN	4		0.00			
Vitamin A, RAE	µg	40		0	BFZN	4		11			
Retinol		39		0	BFZN	4		11			
Carotene, beta		13		0	BFZN	4		4			
Carotene, alpha		0		0	BFZN	4		0			
Cryptoxanthin, beta		0		0	BFZN	4		0			
Vitamin A, IU		152		0	NC	4		43			
Lycopene		0		0	BFZN	4		0			
Lutein + zeaxanthin		0		0	BFZN	4		0 0.02			
Vitamin E (alpha-tocopherol)		0.07 0.00		0	BFZN BFZN	4 4		0.02			
Vitamin E, added		0.00		U	DFZN	*		0.00			
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	BFZN	4		0.0			
Vitamin D		4		0	NR	4		1			
Vitamin K (phylloquinone)		0.5		0	BFZN	4		0.1			
Dihydrophylloquinone											
Menaquinone-4											
-	-										

	<u>A</u> 1	nount in 1	00 grams	of edil	Amount in edible portion of common				
			Number	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Erro	_r Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	q 0.	000	0	Z	7		0.000		
4:0		000	0	z	7		0.000		
6:0		000	0	Z	7		0.000		
8:0	g 0.	000	0	Z	7		0.000		
10:0	-	000	0	Z	7		0.000		
12:0	-	000	0	Z	7		0.000		
13:0	g								
14:0	g 0.	000	0	Z	7		0.000		
15:0	g								
16:0		000	0	Z	7		0.000		
17:0	g								
18:0	g 0.	000	0	Z	7		0.000		
20:0	g								
22:0	g								
24:0	g								
Fatty acids, total monounsaturated	g 0.	000	0	Z	7		0.000		
14:1	g								
15:1	g								
16:1 undifferentiated	g 0.	000	0	Z	7		0.000		
17:1	g								
18:1 undifferentiated	g 0.	000	0	Z	7		0.000		
20:1	g 0.	000	0	Z	7		0.000		
22:1 undifferentiated	g 0.	000	0	Z	7		0.000		
24:1 c	g								
Fatty acids, total polyunsaturated	g 0.	000	0	Z	7		0.000		
18:2 undifferentiated	g 0.	000	0	Z	7		0.000		
18:3 undifferentiated	g 0.	000	0	Z	7		0.000		
18:4	g 0.	000	0	Z	7		0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g 0.	000	0	Z	7		0.000		
20:5 n-3 (EPA)	g 0.	000	0	Z	7		0.000		
21:5	g								
22:4	g								
22:5 n-3 (DPA)	g 0.	000	0	Z	7		0.000		
22:6 n-3 (DHA)	g 0.	000	0	Z	7		0.000		
Fatty acids, total trans	g								
Cholesterol	mg 18		0	BFZN	4		5		
Phytosterols	mg								
Others:									
Alcohol, ethyl	g 0.	0	0	BFZN	4		0.0		
Caffeine	mg 0		0	BFZN	4		0		
Theobromine	mg 0		0	BFZN	4		0		

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		Am	ount in 10	Amount in edible portion of common						
				measures of food						
				Number of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Duovimotos										
Proximates: Water	a	53.1	0	0		1		11.15	9.56	118.94
Energy		239		0		1		50	43	535
Energy		1000		0		1		210	180	2240
Protein		16.7	0	0		1		3.51	3.01	37.41
Total lipid (fat)		14.0	0	0		1		2.94	2.52	31.36
Ash	g	4.6	0	0	NR	4		0.97	0.83	10.30
Carbohydrate, by difference	g	11.6	0	0	NC	4		2.44	2.09	25.98
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	7.7	4	0	BFNN	4		1.62	1.39	17.33
Starch	g									
M:										
Minerals:	m a	560		^				110	101	1050
Calcium, Ca	-	562	2	0		4 4		118 0.07	101	1259
Iron, Fe	-	0.3 29	J	0		4		6	0.06 5	0.74 65
Phosphorus, P	_	712		0		4		150	128	1595
Potassium, K		242		0		4		51	44	542
Sodium, Na		1345		0		4		282	242	3013
Zinc, Zn	-	2.5	9	0		4		0.54	0.47	5.80
Copper, Cu		0.0	33	0		4		0.007	0.006	0.07
Manganese, Mn										
Selenium, Se	µg	15.2		0	BFNN	4		3.2	2.7	34.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		7		0.0	0.0	0.0
Thiamin	-	0.0		0		4		0.011	0.009	0.11
Riboflavin	_	0.4		0		4		0.090	0.003	0.96
Niacin	-	0.1		0		4		0.027	0.023	0.29
Pantothenic acid	_			-		=			01020	****
Vitamin B-6	-	0.1	20	0		4		0.025	0.022	0.26
Folate, total	_	7		0		4		1	1	16
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	7		0	NR	4		1	1	16
Folate, DFE	µg	7		0	NC	4		1	1	16
Choline, total	<u>m</u> g	0.0		0	BFFN	4		0.0	0.0	0.1
Betaine	mg									
Vitamin B-12	µg	0.4		0		4		0.08	0.07	0.90
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		114		0	NC	4		24	21	255
Retinol		111		0	BFFN	4		23	20	248
Carotene, beta		37		0	BFFN	4		8	7	82
Carotene, alpha		0		0	Z	7 7		0	0	0
Cryptoxanthin, beta		0		0	Z NC	4		0 90	0	0
Vitamin A, IU		430 0		0	NC Z	4 7		90	77	964
Lycopene Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.2	7	0	BFZN	4		0.06	0.05	0.61
Vitamin E (alpha-tocopheror)		0.0		0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.0	-	v	-	•		0.00	0.00	0.00
Tocopherol, gamma	-									
Tocopherol, delta	-									
Tocotrienol, alpha	-									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		2.7		0	BFZN	4		0.6	0.5	5.9
Dihydrophylloquinone	ua									

	<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
			Number	<u> </u>					
Nutrients and Units	Mean	Std. Error			Source Co	onfidence Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weali	3tu. 🗀 101	. 00	-			Weasure	Measure 2	weasure 5
Lipids:									
Fatty acids, total saturated	8.79	0	0		4		1.846	1.582	19.690
4:0g	0.45	5	0		4		0.096	0.082	1.019
6:0g	0.27	0	0		4		0.057	0.049	0.605
8:0g	0.20	4	0		4		0.043	0.037	0.457
10:0g	0.33	6	0		4		0.071	0.060	0.753
12:0g	0.41	5	0		4		0.087	0.075	0.930
13:0g									
14:0g	1.43	8	0		4		0.302	0.259	3.221
15:0g									
16:0g	3.89	7	0		4		0.818	0.701	8.729
17:0g									
18:0g	1.60	3	0		4		0.337	0.289	3.591
20:0g									
22:0g									
24:0g		_							
Fatty acids, total monounsaturated9	4.10	2	0		4		0.861	0.738	9.188
14:1g									
15:1g		•							
16:1 undifferentiated	0.36	9	0		4		0.077	0.066	0.827
17:1g 18:1 undifferentiated	3.44	•	0		4		0.723	0.620	7.710
	0.00		0		4		0.723		0.000
20:1g 22:1 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
22:1 undifferentiated	0.00	U	U		4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.40	۵	0		4		0.086	0.074	0.916
18:2 undifferentiated	0.26		0		4		0.055	0.048	0.591
18:3 undifferentiated	0.14		0		4		0.030	0.046	0.325
18:4	0.00		0		4		0.000	0.020	0.000
20:2 n-6 c,cg	0.00	•	·		•		0.000	0.000	0.000
20:3 undifferentiated									
20:4 undifferentiated	0.00	0	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)	0.00	0	0		4		0.000	0.000	0.000
21:5									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	0.000
Fatty acids, total trans9									
Cholesterolm	g 36		0		4		8	6	81
Phytosterolsm	g								
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinem			0	Z	7		0	0	0
Theobrominem	g 0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 21g: 1 slice

Measure 2 = 18g: 1 cubic inch

Measure 3 = 224g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am oui</u>	nt in 100 gı	Amount in edible portion of common						
			Nur	nber					easures of foo	
						Source Co	onfidence	_		-
Nutrients and Unit	its	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	42.41	0.649	29		1		12.02	7.21	57.25
Energy		353		0	NC	4		100	60	477
Energy		1477		0	NC	4		419	251	1994
Protein (N x 6.38)		21.40	0.339			1		6.07	3.64	28.89
Total lipid (fat)		28.74	0.399	20		1		8.15	4.89	38.80
Ash	-	5.11	0.138			1		1.45	0.87	6.90
Carbohydrate, by difference		2.34		0	NC	4		0.66	0.40	3.16
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.50		0	BFNN	4		0.14	0.09	0.68
Starch		0.50		·	21111	•		0.11	0.03	0.00
Starcii	9									
Minerals:										
Calcium, Ca	mg	528	21.680			1		150	90	712
Iron, Fe	mg	0.31	0.010	4		1		0.09	0.05	0.42
Magnesium, Mg	_	23	0.724			1		7	4	31
Phosphorus, P		387	8.294			1		110	66	523
Potassium, K		256	41.094			1		73	44	346
Sodium, Na	_	1146		0	NR	4		325	195	1547
Zinc, Zn		2.66	0.065			1		0.75	0.45	3.59
Copper, Cu		0.040		0		1		0.011	0.007	0.05
Manganese, Mn		0.009		0		1		0.003	0.002	0.01
Selenium, Se	µg	14.5		0	CAZN	4		4.1	2.5	19.6
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0		1		0.0	0.0	0.0
Thiamin	_	0.029	0.006	11		1		0.008	0.005	0.03
Riboflavin	_	0.382	0.022	16		1		0.108	0.065	0.51
Niacin	_	1.016	0.097			1		0.288	0.173	1.37
Pantothenic acid	_	1.729	0.178	16		1		0.490	0.294	2.33
Vitamin B-6	_	0.166	0.012			1		0.047	0.028	0.22
Folate, total	-	36	0.892			1		10	6	49
Folic acid		0		0	Z	7		0	0	0
Folate, food		36	0.892	34		1		10	6	49
Folate, DFE		36		0	NC	4		10	6	49
Choline, total		15.4		0	т	4		4.4	2.6	20.8
Betaine	_									
Vitamin B-12	_	1.22	0.113	22		1		0.35	0.21	1.64
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		198		0	NC	4		56	34	267
Retinol		192		0	NC	4		54	33	259
Carotene, beta		74		0	BFFN	4		21	13	100
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		721	54.691	13		1		204	123	973
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.25		0	BFFN	4		0.07	0.04	0.33
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta				-						
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta	_									
Vitamin D (D2 + D3)		0.5		0	AS	1		0.1	0.1	0.7
Vitamin D		21		0	BFFN	4		6	4	28
Vitamin K (phylloquinone)		2.4		0	BFFN	4		0.7	0.4	3.2
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 100 g	ram s m be r		ble porti	<u>ion</u>		dible portion of easures of foo	
Nutrients and Units	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>					_				
Fatty acids, total saturated	-		0 2		1 1		5.293 0.187	3.174 0.112	25.203 0.888
6:0	•		2		1		0.102	0.112	0.487
8:0	•				1		0.070	0.042	0.333
10:0	-				1		0.170	0.102	0.811
12:0	-	91 0.074	10		1		0.139	0.083	0.663
13:0	g								
14:0	-	0.102	10		1		0.936	0.561	4.456
15:0	-								
16:0	-	53 0.296	10		1		2.595	1.556	12.357
17:0 18:0		35 0.152	10		1		0.917	0.550	4.367
20:0		33 0.132	10		-		0.917	0.550	1.307
22:0									
24:0	-								
Fatty acids, total monounsaturated	g 7.7	78	0		1		2.205	1.322	10.500
14:1	-								
15:1	-								
16:1 undifferentiated		16 0.103	10		1		0.231	0.139	1.102
17:1		22 0.175	10		1		1 055	1 100	8.940
18:1 undifferentiated 20:1	3		0		1		1.877 0.000	1.126 0.000	0.000
22:1 undifferentiated	•		0		1		0.000	0.000	0.000
24:1 c	•	00	Ū		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	00	0		1		0.227	0.136	1.080
18:2 undifferentiated			10		1		0.152	0.091	0.724
18:3 undifferentiated	g 0.2	64 0.030	9		1		0.075	0.045	0.356
18:4	g 0.0	00	0		1		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated	-		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	-	00	0		1		0.000	0.000	0.000
21:5	-								
22:5 n-3 (DPA)	•	00	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	•		0		1		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol	mg 75	5.349	4		1		21	13	102
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.3	12	0		1		0.088	0.053	0.421
Threonine	-		0		1		0.223	0.133	1.060
Isoleucine	g 1.1	24	0		1		0.319	0.191	1.517
Leucine	g 1.9	19	0		1		0.544	0.326	2.591
Lysine	=		0		1		0.525	0.315	2.500
Methionine	-		0		1		0.166	0.099	0.788
Cystine			0		1		0.030	0.018	0.144
Phenylalanine			0		1 1		0.308	0.185	1.467
Tyrosine	-		0		1		0.367 0.441	0.220 0.265	1.748 2.101
ValineArginine	•		0		1		0.202	0.265	0.960
Histidine	•		0		1		0.215	0.121	1.023
Alanine	•		0		1		0.183	0.109	0.869
Aspartic acid	•		0		1		0.407	0.244	1.939
Glutamic acid		79	0		1		1.468	0.880	6.992
Glycine		06	0		1		0.115	0.069	0.548
Proline		00	0		1		0.595	0.357	2.835
Serine	-	20	0		1		0.318	0.190	1.512
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0		0		7		0.0	0.0	0.0
Caffeine	mg 0		0	z	7		0	0	0

NDB No. 01004 Cheese, blue

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cubic inch

Measure 3 = 135g: 1 cup, crumbled, not packed

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	ınt in 100 gr	Amount in edible portion of common					
			Nur	nber	measures of food				
						Source Confidence	<u> </u>		
Nutrients and Un	its	Mean St	d. Error Po			Code Code	Measure 1	Measure 2	Measure
Proximates:	a	41.11	0.258	26		1	54.27	46.45	11.65
Energy		371	0.236	0	NC	4	490	419	105
Energy		1552		0	NC	4	2049	1754	440
0,		23.24	0.607		NC	1	30.68	26.26	6.59
Protein (N x 6.38) Total lipid (fat)		29.68	0.319	16		1	39.18	33.54	8.41
Ash		3.18	0.178			1	4.20	33.54	0.90
Carbohydrate, by difference	_	2.79	0.176	0	NC	4	3.68	3.15	0.79
Fiber, total dietary		0.0		0	NC	4	0.0	0.0	0.79
•		0.51		0	BFNN	4	0.67	0.57	0.14
Sugars, total		0.51		U	DEMN	*	0.67	0.57	0.14
Ainerals:									
Calcium, Ca	ma	674	31.843	13		1	889	761	191
Iron. Fe.	_	0.43	0.074	3		1	0.57	0.49	0.12
Magnesium, Mg		24	1.144	9		1	32	27	7
Phosphorus, P		451	18.350	9		1	595	510	128
Potassium, K		136	22.337	9		1	179	153	38
Sodium, Na	mg	560	37.232	9		1	739	632	159
Zinc, Zn	mg	2.60		2		1	3.43	2.94	0.74
Copper, Cu	mg	0.024		0		1	0.032	0.027	0.00
Manganese, Mn	mg	0.012		0		1	0.016	0.014	0.0
Selenium, Se	µg	14.5		0	CAZN	4	19.1	16.4	4.1
Vitamins:									
Vitamin C, total ascorbic acid	_	0.0		0		1	0.0	0.0	0.0
Thiamin	_	0.014	0.001	6		1	0.018	0.016	0.00
Riboflavin	_	0.351	0.010	11		1	0.463	0.397	0.10
Niacin	_	0.118	0.013			1	0.156	0.133	0.03
Pantothenic acid		0.288	0.040			1	0.380	0.325	0.0
Vitamin B-6	_	0.065	0.004			1	0.086	0.073	0.0
Folate, total		20 0	3.104	0	z	1 7	27	23	6
Folic acid		20	2 104		Z	1	0 27	0 23	0 6
Folate, food		20	3.104	0	NC	4	27 27	23	
Folate, DFE		20 15.4		0	NC T	4	20.3	23 17.4	6
Choline, total	_	15.4		U	1	4	20.3	17.4	4.4
Vitamin B-12		1.26	0.147	7		1	1.66	1.42	0.36
Vitamin B-12, added		0.00	0.147	0	z	7	0.00	0.00	0.00
Vitamin A, RAE		292		0	NC	4	386	330	83
Retinol		286		0	т	4	378	323	81
Carotene, beta		76		0	BFFN	4	100	86	22
Carotene, alpha		0		0	Z	7	0	0	0
Cryptoxanthin, beta		0		0	z	7	0	0	0
Vitamin A, IU		1080		0	NC	4	1426	1221	306
Lycopene		0		0	Z	7	0	0	0
Lutein + zeaxanthin		0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.26		0	BFFN	4	0.34	0.29	0.0
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta									
Vitamin D (D2 + D3)	µg	0.5		0	AS	1	0.7	0.6	0.2
Vitamin D		22		0	BFFN	4	29	25	6
Vitamin K (phylloquinone)	µg	2.5		0	BFFN	4	3.3	2.8	0.7
Dihydrophylloquinone									

	An	ount in 100 g	gram s um be i		ble porti	<u>ion</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>										
Fatty acids, total saturated			0 2		1 1		24.768	21.203	5.320	
4:0	O .		2		1		1.206 0.492	1.033 0.421	0.259 0.106	
8:0	•				1		0.395	0.338	0.085	
10:0	-				1		0.772	0.661	0.166	
12:0	=	82 0.07	1 7		1		0.636	0.545	0.137	
13:0	g									
14:0	=	27 0.14	7 7		1		4.260	3.647	0.915	
15:0	=				_					
16:0	-	55 0.36	6 7		1		11.425	9.780	2.454	
17:0 18:0		55 0.13	8 7		1		4.561	3.904	0.979	
20:0		0.13	0 /		_		4.501	3.904	0.373	
22:0										
24:0	=									
Fatty acids, total monounsaturated	g 8.5	98	0		1		11.349	9.716	2.438	
14:1	-									
15:1	-				_					
16:1 undifferentiated	=	17 0.07	0 7		1		1.078	0.923	0.232	
17:1 18:1 undifferentiated		01 0.24	5 7		1		9.769	8.363	2.098	
20:1	.5		0		1		0.000	0.000	0.000	
22:1 undifferentiated	•		0		1		0.000	0.000	0.000	
24:1 c	•		·		_		0.000			
Fatty acids, total polyunsaturated	-	84	0		1		1.035	0.886	0.222	
18:2 undifferentiated	g 0.4	91 0.05	1 7		1		0.648	0.555	0.139	
18:3 undifferentiated	.g 0.2	93 0.04	0 7		1		0.387	0.331	0.083	
18:4	g 0.0	00	0		1		0.000	0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated					_					
20:4 undifferentiated	=		0		1 1		0.000	0.000	0.000	
20:5 n-3 (EPA) 21:5	=	00	U				0.000	0.000	0.000	
22:4	-									
22:5 n-3 (DPA)	•	00	0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	=	00	0		1		0.000	0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg 94		0		1		125	107	27	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0.3	24	0		1		0.428	0.366	0.092	
Threonine		82	0		1		1.164	0.997	0.250	
Isoleucine	g 1.1	37	0		1		1.501	1.285	0.322	
Leucine	-		0		1		2.962	2.536	0.636	
Lysine			0		1		2.804	2.400	0.602	
Methionine	=		0		1		0.746	0.638	0.160	
Cystine			0		1 1		0.173 1.625	0.148	0.037	
Phenylalanine Tyrosine	-		0		1		1.625	1.391 1.260	0.349 0.316	
Valine			0		1		1.943	1.663	0.417	
Arginine	.0		0		1		1.154	0.988	0.248	
Histidine	•		0		1		1.086	0.930	0.233	
Alanine	g 0.6	70	0		1		0.884	0.757	0.190	
Aspartic acid		88	0		1		2.096	1.794	0.450	
Glutamic acid			0		1		7.280	6.232	1.564	
Glycine			0		1		0.577	0.494	0.124	
Proline	=		0		1		3.399	2.910	0.730	
Serine	-	89	0		1		1.701	1.457	0.365	
Hydroxyproline	У									
Others:										
Alcohol, ethyl	=		0		7		0.0	0.0	0.0	
Caffeine	mg 0		0	Z	7		0	0	0	

NDB No. 01005 Cheese, brick

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 100 gr	Amount in e	Amount in edible portion of common				
			Nur	nber		measures of food			
						Source Confiden			
Nutrients and Un	ite	Mean S	Std. Error Po			Code Code	Measure 1	Measure 2	Measure
Nutrients and on	11.5	Weath C	, a				Weasure i	Measure 2	Wicasure
Proximates:									
Water		48.42	1.290	9		1	13.73	69.72	116.21
Energy		334		0	NC	4	95	480	801
Energy	kJ	1396		0	NC	4	396	2010	3350
Protein (N x 6.38)	g	20.75	0.210	7		1	5.88	29.88	49.80
Total lipid (fat)	g	27.68	1.841	4		1	7.85	39.86	66.43
Ash	g	2.70		1		1	0.77	3.89	6.48
Carbohydrate, by difference	g	0.45		0	NC	4	0.13	0.65	1.08
Fiber, total dietary	g	0.0		0		4	0.0	0.0	0.0
Sugars, total	g	0.45		0	NR	4	0.13	0.65	1.08
Starch	g								
Minerals:									
Calcium, Ca	mg	184	9.135	3		1	52	265	442
Iron, Fe		0.50		1		1	0.14	0.72	1.20
Magnesium, Mg		20	_	0		4	6	29	48
Phosphorus, P	-	188	7.446			1	53	271	451
Potassium, K	-	152		1		1	43	219	365
Sodium, Na	-	629		0		1	178	906	1511
Zinc, Zn		2.38 0.019		0		4	0.67	3.43 0.027	5.71
Copper, Cu		0.019		0		1 1	0.005 0.010	0.027	0.04
Manganese, Mn	-	14.5	ı	0	CAZN	4	4.1	20.9	34.8
*	µg	14.5		U	CAZN	7	4.1	20.9	34.0
Vitamins:				_		_			
Vitamin C, total ascorbic acid	-	0.0 0.070		0 1		1 1	0.0 0.020	0.0	0.0
Thiamin	-	0.520		3		1	0.020	0.101 0.749	0.16 1.24
Riboflavin	-	0.380		2		1	0.147	0.749	0.91
Niacin Pantothenic acid	-	0.690		2		1	0.196	0.547	1.65
Vitamin B-6		0.235		6		1	0.196	0.338	0.56
Folate, total	-	65	'	1		1	18	94	156
Folic acid		0		0	z	7	0	0	0
Folate, food		65		1	_	1	18	94	156
Folate, DFE		65		0	NC	4	18	94	156
Choline, total		15.4		0	T	4	4.4	22.2	37.0
Betaine				-	_	_			5.11
Vitamin B-12		1.65	0.156	12		1	0.47	2.38	3.96
Vitamin B-12, added		0.00		0	z	7	0.00	0.00	0.00
Vitamin A, RAE		174		0	NC	4	49	250	417
Retinol		173		0	T	4	49	249	415
Carotene, beta	µg	9		0	NR	4	3	13	22
Carotene, alpha	µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7	0	0	0
Vitamin A, IU	<u>I</u> U	592		0	NC	4	168	852	1420
Lycopene		0		0	Z	7	0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.24		0	BFFN	4	0.07	0.34	0.57
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta		2 -		•	3.0	1	^ 1		
Vitamin D (D2 + D3)		0.5		0	AS	1	0.1	0.7	1.2
Vitamin D		20		0	BFFN	4	6	29	49
Vitamin K (phylloquinone)		2.3		0	BFFN	4	0.7	3.3	5.5
Dihydrophylloquinone	µg								

		<u>An</u>	nour	nt in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
					Number					easures of foo	
							Source (Confidence	_		
Nutrients and Units		Mean	Std	. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
-											
Lipids:											
Fatty acids, total saturated	g	17.4	10		0		4		4.936	25.070	41.784
4:0	g	0.5	64		0		4		0.160	0.812	1.354
6:0		0.3			0		4		0.092	0.465	0.775
8:0		0.2			0		4 4		0.084	0.428	0.713
10:0 12:0	-	0.6 0.5			0		4		0.191 0.143	0.969 0.726	1.615 1.210
13:0	-	0.5	70-1		Ū		-		0.143	0.720	1.210
14:0	-	3.0	65		0		4		0.869	4.414	7.356
15:0	g										
16:0	-	8.2	46		0		4		2.338	11.874	19.790
17:0	-										
18:0 20:0	-	2.8	880		0		4		0.816	4.147	6.912
22:0	-										
24:0	-										
Fatty acids, total monounsaturated	-	8.0	13		0		4		2.272	11.539	19.231
14:1											
15:1											
16:1 undifferentiated		1.0	07		0		4		0.285	1.450	2.417
17:1 18:1 undifferentiated		6.5	63		0		4		1.861	9.451	15.751
20:1		0.0			0		4		0.000	0.000	0.000
22:1 undifferentiated		0.0			0		4		0.000	0.000	0.000
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.8	26		0		4		0.234	1.189	1.982
18:2 undifferentiated		0.5			0		4		0.145	0.739	1.231
18:3 undifferentiated		0.3			0 0		4 4		0.089	0.451	0.751
18:4 20:2 n-6 c,c		0.0	100		U		4		0.000	0.000	0.000
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.0	00		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)		0.0	00		0		4		0.000	0.000	0.000
21:5	-										
22:4											
22:5 n-3 (DPA)		0.0			0		4 4		0.000	0.000	0.000
22:6 n-3 (DHA) Fatty acids, total trans		0.0	100		U		4		0.000	0.000	0.000
Cholesterol		100			1		1		28	144	240
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.3	122		0		1		0.091	0.464	0.773
Threonine		0.7			0		1		0.213	1.081	1.802
Isoleucine	-	1.0	15		0		1		0.288	1.462	2.436
Leucine	g	1.9	29		0		1		0.547	2.778	4.630
Lysine	-	1.8			0		1		0.525	2.665	4.442
Methionine	-	0.5			0		1 1		0.168	0.852	1.421
CystinePhenylalanine	-	0.1 1.1			0		1		0.032 0.328	0.164 1.668	0.274 2.779
Tyrosine		1.2			0		1		0.340	1.728	2.880
Valine		1.3			0		1		0.380	1.930	3.216
Arginine		0.7	35		0		1		0.208	1.058	1.764
Histidine	g	0.7			0		1		0.203	1.031	1.718
Alanine	-	0.8			0		1		0.244	1.237	2.062
Aspartic acid	-	1.3			0 0		1 1		0.383	1.944	3.240
Glutamic acid		4.3 0.3			0		1		1.244 0.113	6.317 0.572	10.529 0.953
Proline		2.4			0		1		0.113	3.541	5.902
Serine	-	1.1			0		1		0.331	1.682	2.803
Hydroxyproline	-										
Others:											
Alcohol, ethyl	g	0.0)		0		7		0.0	0.0	0.0
Caffeine	-	0			0	Z	7		0	0	0

NDB No. 01006 Cheese, brie

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 144g: 1 cup, sliced Measure 3 = 240g: 1 cup, melted

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Nun	nber					easures of foo		
						Source Conf	idence				
Nutrients and Un	its	Mean Sto	d. Error Po				ode	Measure 1	Measure 2	Measure	
Proximates: Water	а	51.80	0.493	14		1		14.69	127.43	8.81	
Energy		300		0	NC	4		85	737	51	
Energy		1253		0	NC	4		355	3083	213	
Protein (N x 6.38)		19.80	0.367	12		1		5.61	48.71	3.37	
Total lipid (fat)		24.26	0.608	13		1		6.88	59.68	4.12	
Ash	-	3.68	0.135	8		1		1.04	9.05	0.63	
Carbohydrate, by difference	-	0.46		0	NC	4		0.13	1.13	0.08	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.46		0	NR	4		0.13	1.13	0.08	
Starch											
Minerals:											
Calcium, Ca	-	388	52.899	11		1		110	953	66	
Iron, Fe		0.33	0.065	5		1		0.09	0.81	0.06	
Magnesium, Mg		20	1.484			1		6	49	3	
Phosphorus, P		347	20.812			1		98	853	59	
Potassium, K	-	187	21.500	9		1		53	459	32	
Sodium, Na	-	842 2.38	62.440 0.294	4		1 1		239 0.67	2071 5.85	143 0.40	
Zinc, Zn		0.021	0.294	0		1		0.07	0.052	0.40	
Copper, Cu Manganese, Mn		0.021		0		1		0.008	0.032	0.00	
Selenium, Se	-	14.5		0	CAZN	4		4.1	35.7	2.5	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.028	0.005	11		1		0.008	0.069	0.00	
Riboflavin	mg	0.488	0.036	13		1		0.138	1.200	0.08	
Niacin	mg	0.630	0.084	16		1		0.179	1.550	0.10	
Pantothenic acid	mg	1.364	0.493	16		1		0.387	3.355	0.23	
Vitamin B-6	mg	0.227	0.027	36		1		0.064	0.558	0.03	
Folate, total	µg	62	8.839			1		18	153	11	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		62	8.839			1		18	153	11	
Folate, DFE		62		0	NC	4		18	153	11	
Choline, total	-	15.4		0	T	4		4.4	37.9	2.6	
Betaine						_			2.12		
Vitamin B-12		1.30 0.00	0.086	0	z	1 7		0.37 0.00	3.19	0.22	
Vitamin B-12, added		241		0	NC	4		68	0.00 593	0.00 41	
Vitamin A, RAE		241		0	т	4		68	593 590	41	
Carotene, beta		12		0	NR	4		3	30	2	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	0	
Vitamin A, IU		820		0	NC	4		232	2017	139	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.21		0	BFFN	4		0.06	0.51	0.04	
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma	g										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta				_				• -		=	
Vitamin D (D2 + D3)		0.4		0	AS	1		0.1	1.1	0.1	
Vitamin D		18		0	BFFN	4		5	44	3	
Vitamin K (phylloquinone)		2.0		0	BFFN	4		0.6	5.0	0.3	
Dihydrophylloquinone Menaquinone-4											

	<u>Aı</u>	nour	nt in 100 <u>c</u>	ıram s	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common
			Nice	ım be i					easures of foo	
						Source C	onfidence	_		
Nutrients and Units	Mean	Std	I. Error P				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 15.	259		0		1		4.326	37.537	2.594
4:0	•	494		2		1		0.140	1.215	0.084
6:0		283	0.016	2		1 1		0.080	0.696	0.048
8:0 10:0	0	260 590	0.018			1		0.074 0.167	0.640 1.451	0.044 0.100
12:0		442	0.023			1		0.125	1.087	0.075
13:0	0									
14:0	g 2.	686	0.086	5 7		1		0.761	6.608	0.457
15:0	-									
16:0	5	227	0.341	L 7		1		2.049	17.778	1.229
17:0 18:0	-	524	0.166	- 7		1		0.716	6.209	0.429
20:0	0	24	0.100	,		_		0.716	0.209	0.429
22:0	0									
24:0	g									
Fatty acids, total monounsaturated	g 7.	023		0		1		1.991	17.277	1.194
14:1										
15:1	-		0.054			-		0.050	0.150	0.150
16:1 undifferentiated	-	883	0.056	5 7		1		0.250	2.172	0.150
18:1 undifferentiated		752	0.302	2 7		1		1.631	14.150	0.978
20:1		000		0		1		0.000	0.000	0.000
22:1 undifferentiated		000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	0	724		0		1		0.205	1.781	0.123
18:2 undifferentiated	-	450	0.041			1		0.128	1.107	0.077
18:3 undifferentiated		274	0.022	2 7 0		1 1		0.078	0.674	0.047
18:4 20:2 n-6 c.c	-	000		U		1		0.000	0.000	0.000
20:3 undifferentiated	-									
20:4 undifferentiated	-	000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)		000		0		1		0.000	0.000	0.000
21:5	g									
22:4										
22:5 n-3 (DPA)	0	000		0		1 1		0.000	0.000	0.000
22:6 n-3 (DHA) Fatty acids, total trans	0	500		U		_		0.000	0.000	0.000
Cholesterol			4.445	5 4		1		20	177	12
Phytosterols										
Amino Acids:										
Tryptophan	g 0	307		0		1		0.087	0.755	0.052
Threonine	0	717		0		1		0.203	1.764	0.122
Isoleucine		968		0		1		0.274	2.381	0.165
Leucine	g 1.	840		0		1		0.522	4.526	0.313
Lysine	0	766		0		1		0.501	4.344	0.300
Methionine	0	565		0		1		0.160	1.390	0.096
Cystine		109 105		0		1 1		0.031	0.268	0.019 0.188
Phenylalanine Tyrosine	5	105 145		0		1		0.313 0.325	2.718 2.817	0.188
Valine	0	279		0		1		0.363	3.146	0.133
Arginine	0	701		0		1		0.199	1.724	0.119
Histidine		683		0		1		0.194	1.680	0.116
Alanine	g 0.	819		0		1		0.232	2.015	0.139
Aspartic acid		288		0		1		0.365	3.168	0.219
Glutamic acid	0	187		0		1		1.187	10.300	0.712
Glycine		379 346		0		1 1		0.107 0.665	0.932	0.064
Proline	0	114		0		1		0.865	5.771 2.740	0.399 0.189
Hydroxyproline				J		-		0.510	2.,10	0.109
Others:	g 0.	n		0		7		0.0	0.0	0.0
Alcohol, ethyl				0	z	7		0.0	0.0	0.0
Carreine	9			•		,		·	·	•

NDB No. 01007 Cheese, camembert

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 246g: 1 cup Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		Amou	nt in 100 gr	am s	of edil	ole portion	<u>1</u>	Amount in edible portion of common			
			Num	ber					easures of fo		
						Source C	onfidence				
Nutrients and Ur	vite	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and Or	iits	Mean Si						Weasure i	Wedsule 2	Wieasure .	
Proximates:											
Water	g	39.28	0.550	4		1		11.14			
Energy	kcal	376		0	NC	4		107			
Energy	kJ	1573				4		446			
Protein (N x 6.38)	g	25.18	0.189	4		1		7.14			
Total lipid (fat)	g	29.20	1.389	4		1		8.28			
Ash	g	3.28	0.155	4		1		0.93			
Carbohydrate, by difference	g	3.06		0	NC	4		0.87			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	_	673	9.821	3		1		191			
Iron, Fe	_	0.64		0		4		0.18			
Magnesium, Mg		22		1		1		6			
Phosphorus, P		490		1		1		139			
Potassium, K	•	93		0		4		26			
Sodium, Na		690		0		1		196			
Zinc, Zn	_	2.94		0		4		0.83			
Copper, Cu	_	0.024		0		1		0.007			
Manganese, Mn Selenium, Se	_	0.021 14.5		0	CAZN	1 4		0.006 4.1			
T7* .											
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0			
Thiamin	_	0.031		1		1		0.009			
Riboflavin	_	0.450	0.064	3		1		0.128			
Niacin		0.180		1		1		0.051			
Pantothenic acid	_	0.190		1		1 4		0.054 0.021			
Vitamin B-6	_	0.074		0		=		5			
Foliate, total		18 0		0	z	4 7		0			
Folic acid		18		0	4	4		5			
Folate, food		18		0	NC	4		5			
Folate, DFE		10		U	NC	*		5			
Choline, totalBetaine	_										
Vitamin B-12	_	0.27		1		1		0.08			
Vitamin A, RAE		271		0	NC	4		77			
Retinol		262		0	NC	4		74			
Carotene, beta				-		_					
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		1054	38.549	4		1		299			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										

	<u>Ar</u>	nount in 10	0 grams	of edible	porti	<u>on</u>	Amount in e	edible portion o	of common
			Number					easures of foo	•
					urca	Confidence			<u></u>
Nutrients and Units	Mean	Std. Error			ode	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 18.5	584	0		4		5.269		
4:0	.g 0.9	922	0		4		0.261		
6:0	.g 0.4	166	0		4		0.132		
8:0			0		4		0.070		
10:0	•		0		4		0.150		
12:0		177	0		4		0.135		
13:0 14:0		224	0		4		0.832		
15:0		734	U		*		0.832		
16:0	=	538	0		4		2.449		
17:0	. •		·		-		2.115		
18:0	=	531	0		4		1.001		
20:0	-								
22:0	.g								
24:0	.g								
Fatty acids, total monounsaturated	=	275	0		4		2.346		
14:1	-								
15:1	•								
16:1 undifferentiated	=	385	0		4		0.251		
17:1 18:1 undifferentiated	-	265	0		4		1.975		
20:1	•		0		4		0.000		
22:1 undifferentiated			0		4		0.000		
24:1 c			·		-		0.000		
Fatty acids, total polyunsaturated		330	0		4		0.235		
18:2 undifferentiated		508	0		4		0.144		
18:3 undifferentiated	.g 0.3	322	0		4		0.091		
18:4	.g 0.0	000	0		4		0.000		
20:2 n-6 c,c	.g								
20:3 undifferentiated	=								
20:4 undifferentiated	-		•						
20:5 n-3 (EPA)	-	000	0		4		0.000		
21:5 22:4									
22:5 n-3 (DPA)		000	0		4		0.000		
22:6 n-3 (DHA)			0		4		0.000		
Fatty acids, total trans	•		-		_				
Cholesterol	=		0		4		26		
Phytosterols									
Amino Acids:									
Tryptophan	.q 0.3	324	0		4		0.092		
Threonine	.0	396	0		4		0.254		
Isoleucine			0		4		0.443		
Leucine	.g 2.4	112	0		4		0.684		
Lysine	.g 2.0	95	0		4		0.594		
Methionine	.g 0.6	559	0		4		0.187		
Cystine	.g 0.1	L26	0		4		0.036		
Phenylalanine	=		0		4		0.376		
Tyrosine	=		0		4		0.345		
Valine			0		4		0.477		
Arginine	.5	952	0		4		0.270		
Histidine	•	38 4 711	0 0		4 4		0.251 0.202		
AlanineAspartic acid	.0		0		4		0.202		
Glutamic acid	•		0		4		1.746		
Glycine		139	0		4		0.124		
Proline	•		0		4		0.805		
Serine	=		0		4		0.417		
Hydroxyproline									

NDB No. 01008 Cheese, caraway

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am o</u>	unt in 100 g	rams	Amount in edible portion of common						
			Nui	mbei	r			measures of food			
						Source C	onfidence				
Nutrients and Ur	nits	Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	37.02	0.190	39	A	1		48.87	90.34	41.84	
Energy	kcal	404		0	NC	4		533	985	456	
Energy	kJ	1689		0	NC	4		2229	4121	1909	
Protein		22.87	0.132	39	A	1		30.19	55.80	25.84	
Total lipid (fat)	=	33.31	0.156	39	A	1		43.96	81.27	37.64	
Ash	-	3.71	0.028	39	A	1		4.90	9.05	4.19	
Carbohydrate, by difference	-	3.09		0	NC	4		4.09	7.55	3.50	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		0.48		0	AS	1		0.63	1.16	0.54	
		0.00		4	A	1		0.00	0.00	0.00	
Sucrose				5		1		0.35			
Glucose (dextrose)		0.26 0.00		5 4	A	1			0.64	0.30	
Fructose	9 ~	0.00		4 5	A A	1		0.00 0.15	0.00	0.00	
Lactose									0.29	0.13	
Maltose		0.00		4	A	1		0.00	0.00	0.00	
Galactose		0.10		4	A	1		0.13	0.24	0.11	
Starch	g										
Minerals:											
Calcium, Ca	mg	710	9.090	39	A	1		937	1731	802	
Iron, Fe	mg	0.14	0.006	39	A	1		0.18	0.34	0.1	
Magnesium, Mg	mg	27	0.309	39	A	1		36	66	30	
Phosphorus, P	mg	455	3.702	39	A	1		601	1111	514	
Potassium, K	mg	76	1.669	39	A	1		101	186	86	
Sodium, Na	mg	653	13.172	39	A	1		862	1594	738	
Zinc, Zn	mg	3.64	0.040	39	A	1		4.80	8.87	4.1	
Copper, Cu	mg	0.030	0.002	39	A	1		0.039	0.072	0.0	
Manganese, Mn	mg	0.027	0.002	39	A	1		0.036	0.067	0.0	
Selenium, Se	µg	28.5	1.055	29	A	1		37.6	69.4	32.2	
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.029	0.000	28	A	1		0.038	0.071	0.0	
Riboflavin	mg	0.428	0.014	27	A	1		0.565	1.044	0.4	
Niacin	mg	0.059	0.006	28	A	1		0.078	0.144	0.0	
Pantothenic acid	mg	0.410	0.018	25	A	1		0.541	1.000	0.4	
Vitamin B-6	mg	0.066	0.003	28	A	1		0.087	0.161	0.0	
Folate, total	µg	27		4	A	1		36	66	31	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	27		4	A	1		36	66	31	
Folate, DFE		27		0	NC	4		36	66	31	
Choline, total		16.5		0	AS	1		21.8	40.3	18.6	
Betaine	-	0.7		1	A	1		0.9	1.6	0.8	
Vitamin B-12	-	1.10	0.054		A	1		1.46	2.69	1.2	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.0	
Vitamin A, RAE		330		0	AS	1		436	806	373	
Retinol		330		7	A	1		436	806	373	
Carotene, beta		85		0	BFZN	4		112	207	96	
Carotene, alpha		0		0	BFZN	4		0	0	0	
Cryptoxanthin, beta		0		0	BFZN	4		0	0	0	
Vitamin A, IU		1242		0	NC NC	4		1640	3031	1404	
		0		0	BFZN	4		0	0	1404	
Lycopene		0		0	BFZN	4		0	0	0	
Lutein + zeaxanthin		0.71	0.001		BFZN A	1		0.93	1.72	0.8	
Vitamin E (alpha-tocopherol)			0.001			7					
Vitamin E, added		0.00	0 000	0	Z			0.00	0.00	0.0	
Tocopherol, beta	g	0.00	0.000	13	A	1		0.00	0.00	0.0	
Tocopherol, gamma		0.00	0.000		A	1		0.01	0.01	0.0	

		Amount		ram s n be r		Amount in edible portion of common measures of food				
Nutrients and Units	Mea	n Std.		Data	Deriv	Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, alpha	mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, beta	mg	0.00	0.000	13	A	1		0.00	0.00	0.00
Tocotrienol, gamma	0	0.00	0.000		A	1		0.00	0.00	0.00
Tocotrienol, delta		0.00	0.000		A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)		0.6		0	NR	4		0.8	1.5	0.7
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)		0.6		0	BFFN	4		0.8	1.5	0.7
Vitamin D				0	BFFN	4		32	59	27
Vitamin K (phylloquinone)		2.4		2	A	1		3.2	5.8	2.7
Dihydrophylloquinone		0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4	hā	3.6		2	A	1		11.4	21.1	9.8
Lipids:										
Fatty acids, total saturated	g 18	3.867		0	NC	4		24.905	46.036	21.320
4:0		.634	0.005	40	A	1		0.837	1.548	0.717
6:0	g	.536	0.005	40	A	1		0.708	1.308	0.606
8:0	g	.337	0.004	40	A	1		0.445	0.823	0.381
10:0	•	.820	0.008		A	1		1.082	2.001	0.927
12:0	•	.935	0.009	40	A	1		1.234	2.281	1.056
13:0	-		0 000	40		-		2 067	7 222	2 206
14:0 15:0	•	3.005 3.318	0.028		A A	1 1		3.967 0.420	7.333 0.776	3.396 0.359
16:0	5	3.625	0.053		A	1		11.385	21.046	9.747
17:0	=	191	0.002		A	1		0.252	0.466	0.216
18:0	-	3.394	0.044		A	1		4.479	8.280	3.835
20:0	=	0.048	0.001	40	A	1		0.063	0.117	0.054
22:0	g	.015	0.000	40	A	1		0.020	0.037	0.017
24:0	g	800.0	0.000	40	A	1		0.011	0.021	0.010
Fatty acids, total monounsaturated		246		0	NC	4		12.205	22.561	10.448
14:1		.296	0.005		A	1		0.390	0.722	0.334
15:1	•	0.000	0.000		A	1		0.000	0.000	0.000
16:1 undifferentiated	•	0.504	0.006	40	AS	1		0.666	1.230	0.570
16:1 c	-	.101	0.001	40	A	1		0.133	0.246	0.114
17:1	•	0.059	0.001		A	1		0.078	0.145	0.067
18:1 undifferentiated	5	7.403	0.062		AS	1		9.773	18.064	8.366
18:1 c	g									
18:1 t	g	.816	0.014	40	A	1		1.077	1.991	0.922
18:1-11 t (18:1t n-7)	g									
20:1	•	.065	0.001		A	1		0.086	0.158	0.073
22:1 undifferentiated	•	0.001	0.000	40	AS	1		0.002	0.003	0.002
22:1 c	•	0.000	0.000	40	A	1		0 000	0.000	0.000
22:1 t 24:1 c	•	0.001	0.000		A	1		0.000 0.001	0.000 0.001	0.001
Fatty acids, total polyunsaturated	-	L.421	0.000	0	NC	4		1.876	3.468	1.606
18:2 undifferentiated	-	1.171	0.021		AS	1		1.545	2.856	1.323
18:3 undifferentiated		.114	0.004		AS	1		0.150	0.277	0.128
18:4		.000	0.000	40	A	1		0.000	0.001	0.000
20:2 n-6 c,c	g	.007	0.000	40	A	1		0.009	0.017	0.008
20:3 undifferentiated	g	.037	0.001	40	AS	1		0.049	0.090	0.042
20:4 undifferentiated	-	0.053	0.001		A	1		0.070	0.130	0.060
20:5 n-3 (EPA)	-	0.010	0.001	40	A	1		0.013	0.024	0.011
21:5	-	000	0 000	40		-		0.010	0 007	0.010
22:4	-	0.009 0.017	0.000 0.001		A A	1 1		0.012 0.023	0.021 0.042	0.010 0.020
22:5 n-3 (DPA) 22:6 n-3 (DHA)		0.017	0.001		A	1		0.002	0.042	0.020
Fatty acids, total trans		0.917		0	NC	4		1.210	2.237	1.036
Fatty acids, total trans-monoenoic		.917		0	NC	4		1.210	2.237	1.036
Fatty acids, total trans-polyenoic										
Cholesterol	-	•	0.507	29	A	1		131	241	112
Phytosterols	mg									

	Amount in	Num be	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Err			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.547	0	A	1		0.721	1.334	0.618
Threonineg	1.044	0	A	1		1.378	2.548	1.180
Isoleucineg	1.206	0	A	1		1.592	2.942	1.362
Leucineg	1.939	0	A	1		2.560	4.732	2.191
Lysineg	1.025	0	A	1		1.353	2.500	1.158
Methionineg	0.547	0	A	1		0.721	1.334	0.618
Cystineg	0.123	0	A	1		0.162	0.299	0.138
Phenylalanineg	1.074	0	A	1		1.417	2.620	1.213
Tyrosineg	1.108	0	A	1		1.462	2.703	1.252
Valineg	1.404	0	A	1		1.853	3.425	1.586
Arginineg	0.547	0	A	1		0.721	1.334	0.618
Histidineg	0.547	0	A	1		0.721	1.334	0.618
Alanineg	0.751	0	A	1		0.991	1.832	0.848
Aspartic acidg	1.734	0	A	1		2.289	4.231	1.959
Glutamic acidg	4.735	0	A	1		6.250	11.553	5.350
Glycineg	0.547	0	A	1		0.721	1.334	0.618
Prolineg	2.497	0	A	1		3.296	6.093	2.822
Serineg	0.780	0	A	1		1.030	1.904	0.882
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in	ioo graiiis	or ear	ne portio	<u>'11</u>	Amount in edible portion of common				
			Number	•			measures of food				
			of Data	Deriv	Source (Confidence					
Nutrients and Un	ite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure		
Nutrients and on	11.5	Weall Std. D1	01				Wicasure i	Weasure 2	wicasuie .		
Proximates:											
Water	g	57.00	0	NR	4		15.96				
Energy		157	0	NC	4		44				
Energy	kJ	657	0	NC	4		184				
Protein (N x 6.25)		32.14	0		8		9.00				
Total lipid (fat)		0.00	0		8		0.00				
Ash		3.64	0	BFZN	4		1.02				
Carbohydrate, by difference	-	7.14	0		8		2.00				
Fiber, total dietary		0.0	0		8		0.0				
Sugars, total		0.00	0		8		0.00				
Starch											
Minerals:											
Calcium, Ca	_	893	0		8		250				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00	0		8		0.00				
Magnesium, Mg		16	0	BFZN	4		4				
Phosphorus, P		484	0	BFZN	4		136				
Potassium, K	_	66	0	BFZN	4		18				
Sodium, Na	_	1000	0		8		280				
Zinc, Zn	_	1.82	0	BFZN	4		0.51				
Copper, Cu		0.021	0	BFZN	4		0.006				
Manganese, Mn											
Selenium, Se	µg	14.5	0	BFZN	4		4.1				
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0		8		0.0				
Thiamin	mg	0.012	0	BFZN	4		0.003				
Riboflavin	mg	0.221	0	BFZN	4		0.062				
Niacin	mg	0.051	0	BFZN	4		0.014				
Pantothenic acid	mg										
Vitamin B-6	mg	0.045	0	BFZN	4		0.013				
Folate, total	µg	11	0	BFZN	4		3				
Folic acid	µg	0	0	BFZN	4		0				
Folate, food	µg	11	0	BFZN	4		3				
Folate, DFE	µg	11	0	NC	4		3				
Choline, total	<u>m</u> g	15.4	0	BFZN	4		4.3				
Betaine	mg										
Vitamin B-12	µg	0.49	0	BFZN	4		0.14				
Vitamin B-12, added	µg	0.00	0	BFZN	4		0.00				
Vitamin A, RAE	µg	60	0	NC	4		17				
Retinol	µg	60	0	BFZN	4		17				
Carotene, beta	µg	4	0	BFZN	4		1				
Carotene, alpha	µg	0	0	BFZN	4		0				
Cryptoxanthin, beta		0	0	BFZN	4		0				
Vitamin A, IU	JU	207	0	NC	4		58				
Lycopene	µg	0	0	BFZN	4		0				
Lutein + zeaxanthin	µg	0	0	BFZN	4		0				
Vitamin E (alpha-tocopherol)		0.06	0	BFZN	4		0.02				
Vitamin E, added	<u>mg</u>	0.00	0	BFZN	4		0.00				
Tocopherol, beta											
Tocopherol, gamma	g										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.1	0	BFZN	4		0.0				
Vitamin D	IU	5	0	NR	4		1				
		0.6	0	BFZN	4		0.2				
Vitamin K (phylloquinone)	µg	0.0	Ū	DI 214	-		0.2				

	Amount in	100 grams		Amount in edible portion of common					
		Num be	r		<u>n</u>	measures of food			
		of Data	Deriv	Source Confid	lence				
Nutrients and Units	Mean Std. Err	or Points	Code	Code Co	de Measure 1	Measure 2	Measure 3		
Lipids:		•		•					
Fatty acids, total saturatedg	0.000	0		8	0.000				
4:0g	0.000	0	BFFN	4	0.000				
6:0g	0.000	0	BFFN	4	0.000				
8:0g	0.000	0	BFFN	4	0.000				
10:0g	0.000	0	BFFN	4	0.000				
12:0g	0.000	0	BFFN	4	0.000				
13:0g	0.000	•							
14:0g	0.000	0	BFFN	4	0.000				
15:0g	0.000	•							
16:0g	0.000	0	BFFN	4	0.000				
17:0g	0.000	•			0.000				
18:0g	0.000	0	BFFN	4	0.000				
20:0g									
22:0g									
24:0g	0.000	0							
Fatty acids, total monounsaturated9	0.000	U	BFFN	4	0.000				
14:1g									
15:1g	0.000	0			0.000				
16:1 undifferentiatedg	0.000	U	BFFN	4	0.000				
17:1g	0.000	0	DEEM	4	0.000				
18:1 undifferentiatedg	0.000		BFFN		0.000				
20:1g	0.000	0	BFFN	4	0.000				
22:1 undifferentiatedg	0.000	0	BFFN	4	0.000				
24:1 c	0.000	0	DEEM	4	0.000				
Fatty acids, total polyunsaturated9	0.000 0.000	0	BFFN	4 4	0.000				
18:2 undifferentiatedg	0.000	0	BFFN BFFN	4	0.000				
18:3 undifferentiated					0.000				
18:4g	0.000	0	BFFN	4	0.000				
20:2 n-6 c,c									
20:3 undifferentiated	0.000	0	BFFN	4	0.000				
20:4 undifferentiated		0	BFFN	4	0.000				
20:5 n-3 (EPA)	0.000	U	BFFN	4	0.000				
21:5g									
22:4g	0.000	•	DEEN	4	0.000				
22:5 n-3 (DPA)g	0.000 0.000	0	BFFN BFFN	4 4	0.000				
22:6 n-3 (DHA)	0.000	0	BFFN	8	0.000				
Fatty acids, total trans		0		8 8					
Cholesterolmg	18	U		0	5				
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	BFZN	4	0.0				
Caffeinemg	0	0	BFZN	4	0				
Theobrominemg	0	0	BFZN	4	0				

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am our</u>	t in 100 gr	am s	of edik	ole porti	<u>on</u>	Amount in edible portion of common			
			Num	nber				measures of food			
						Source	Confidence				
Nutrients and U	nits	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	44.29	0.195	5	A	1		9.30			
Energy		309		0	NC	4		65			
Energy		1294		0	NC	4		272			
Protein		27.35	0.166	5	A	1		5.74			
Total lipid (fat)	g	20.41	0.207	5	A	1		4.29			
Ash	-	3.89	0.053	5	A	1		0.82			
Carbohydrate, by difference	g	4.06		0	NC	4		0.85			
Fiber, total dietary	g	0.0		0	BFZN	4		0.0			
Sugars, total	g	0.26		1	A	1		0.05			
Sucrose	g	0.00		1	A	1		0.00			
Glucose (dextrose)		0.00		1	A	1		0.00			
Fructose	g	0.00		1	A	1		0.00			
Lactose	g	0.18		1	A	1		0.04			
Maltose		0.00		1	A	1		0.00			
Galactose	g	0.07		1	A	1		0.02			
Starch											
Minerals:											
Calcium, Ca	<u>mg</u>	761	12.472	5	A	1		160			
Iron, Fe	mg	0.12	0.011	5	A	1		0.02			
Magnesium, Mg	mg	27	0.773	5	A	1		6			
Phosphorus, P	mg	520	5.170	5	A	1		109			
Potassium, K	mg	63	3.709	5	A	1		13			
Sodium, Na	-	628	4.284	5	A	1		132			
Zinc, Zn		4.44	0.091	5	A	1		0.93			
Copper, Cu		0.043	0.002	5	A	1		0.009			
Manganese, Mn		0.031	0.001	5	A	1		0.007			
Selenium, Se	µg	35.8	1.133	4	A	1		7.5			
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	BFZN	4		0.0			
Thiamin	_	0.021	0.000	4	A A	1		0.004			
Riboflavin	_	0.397	0.002	4	A	1		0.004			
Niacin	_	0.145	0.002	4	A	1		0.030			
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.389	0.000	2	A	1		0.082			
Vitamin B-6		0.084	0.002	4	A	1		0.032			
Folate, total	_	20	0.002	0	BFZN	4		4			
Folic acid		0		0	BFZN	4		0			
Folate, food		20		0	BFZN	4		4			
Folate, DFE		20		0	NC	4		4			
Choline, total		15.4		0	BFZN	4		3.2			
Betaine	_	13.1		Ū	21 211	-		3.2			
Vitamin B-12	_	1.41	0.000	4	A	1		0.30			
Vitamin B-12, added		0.00		0	BFZN	4		0.00			
Vitamin A, RAE		145		0	NC	4		30			
Retinol		142		0	BFZN	4		30			
Carotene, beta		28		2	A	1		6			
Carotene, alpha		0		2	A	1		0			
Cryptoxanthin, beta		1		2	A	1		0			
Vitamin A, IU		522		0	NC	4		110			
Lycopene		0		2	A	1		0			
Lutein + zeaxanthin		4		2	A	1		1			
Vitamin E (alpha-tocopherol)		0.48	0.030	4	A	1		0.10			
Vitamin E, added		0.00	3.050	0	BFZN	4		0.00			
Tocopherol, beta		0.00	0.000	4	A	1		0.00			
Tocopherol, gamma		0.08	0.001	4	A	1		0.02			
Tocopherol, delta		0.00	0.000	4	A	1		0.00			
Tocotrienol, alpha		0.00	0.000	4	A	1		0.00			
Tocotrienol, beta		0.00	0.000	4	A	1		0.00			

	Amount in 100 grams of edible portion Number						<u>on</u>	Amount in edible portion of common measures of food			
						Source	Confidence	1113	easures or roo	<u>u</u>	
Nutrients and Units	Mean	Std. Err				Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg			0.000	4	A	1		0.00			
Tocotrienol, deltamg)	0.000	4	A	1		0.00			
Vitamin D (D2 + D3)	0.3			0	BFZN	4		0.1			
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg											
Vitamin D3 (cholecalciferol)µg Vitamin D	13			0	NR	4		3			
Vitamin K (phylloquinone)µg	1.5			0	BFZN	4		0.3			
Dihydrophylloquinone											
Menaquinone-4µg											
Lipids:											
Fatty acids, total saturated	12.6)2		0	NC	4		2.646			
4:0g	0.4	39	0.005	4	A	1		0.092			
6:0g	0.3		0.003	4	A	1		0.076			
8:0g	0.2		0.002	4	A	1		0.048			
10:0g	0.5		0.002	4	A	1		0.118			
12:0g 13:0g	0.6	ŧ1	0.004	4	A	1		0.135			
13:0g	2.0	50	0.019	4	A	1		0.431			
15:0g	0.2		0.002	4	A	1		0.048			
16:0	5.7		0.055	4	A	1		1.209			
17:0g	0.1	28	0.001	4	A	1		0.027			
18:0g	2.1	59	0.001	4	A	1		0.453			
20:0g	0.0	31	0.000	4	A	1		0.007			
22:0g	0.0		0.000	4	A	1		0.002			
24:0g	0.0		0.000	4	A	1		0.001			
Fatty acids, total monounsaturatedg	5.3			0	NC	4		1.114			
14:19	0.2		0.003	4 4	A	1 1		0.042			
15:1	0.0		0.000	4	A As	1		0.000 0.069			
16:1 cg	0.2		0.004	4	A	1		0.055			
16:1 tg	0.0		0.001	4	A	1		0.014			
17:1g	0.0	38	0.000	4	A	1		0.008			
18:1 undifferentiatedg	4.68	39	0.028	4	AS	1		0.985			
18:1 cg	4.1	75	0.025	4	A	1		0.877			
18:1 tg	0.5	L 4	0.004	4	A	1		0.108			
18:1-11 t (18:1t n-7)g					_	_					
20:1g	0.0		0.001	4 4	A As	1 1		0.008			
22:1 undifferentiated	0.00		0.001	4	AS	1		0.000			
22:1 tg	0.0		0.000	4	A	1		0.000			
24:1 cg	0.0		0.000	4	A	1		0.001			
Fatty acids, total polyunsaturatedg	0.8	93		0	NC	4		0.188			
18:2 undifferentiatedg	0.7	13	0.006	4	AS	1		0.156			
18:2 n-6 c,cg	0.4		0.004	4	A	1		0.104			
18:2 CLAsg	0.0	99	0.001	4	A	1		0.021			
18:2 t,tg											
18:2 ig 18:2 t not further definedg	0.1	10	0.000	4	A	1		0 021			
18:2 t not further definedg	0.00		0.002	4	AS	1		0.031 0.014			
18:3 n-3 c,c,c (ALA)	0.0		0.001	4	A	1		0.013			
18:3 n-6 c,c,cg	0.0		0.000	4	A	1		0.000			
18:3ig	0.0)3	0.000	4	A	1		0.001			
18:4g	0.0	00	0.000	4	A	1		0.000			
20:2 n-6 c,cg	0.0		0.001	4	A	1		0.001			
20:3 undifferentiatedg	0.0		0.000	4	AS	1		0.005			
20:3 n-3g	0.0		0.000	4	A	1		0.000			
20:3 n-6g	0.0		0.000	4	A	1		0.005			
20:4 undifferentiatedg	0.0	35	0.000	4	A	1		0.007			
20:4 n-6	0.0)6	0.000	4	A	1		0.001			
20:5 n-3 (EPA)	0.00		3.000	-	A	_		0.001			
22:4g	0.0	06	0.000	4	A	1		0.001			
22:5 n-3 (DPA)g	0.0		0.000	4	A	1		0.002			

	<u>Am oun</u>	ıt in 100 gr	am s	of edil	<u>on</u>	Amount in edible portion of common			
		Num	bei	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std					Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans	0.733		0	NC	4		0.154		
Fatty acids, total trans-monoenoicg	0.581		0	NC	4		0.122		
Fatty acids, total trans-polyenoicg	0.152		0	NC	4		0.032		
Cholesterolmg	76	0.041	4	A	1		16		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		

Common Measures:

Measure 1 = 21g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amour	t in 100 gr	ams	Amount in edible portion of common					
			Nur	n ber	•				easures of foo	
						Source Cor	nfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	36.15	0.504	18	A	1		6.87	7.59	10.12
Energy		410		0	NC	4		78	86	115
Energy		1715		0	NC	4		326	360	480
Protein		24.25	0.387	18	A	1		4.61	5.09	6.79
Total lipid (fat)	-	33.82	0.102	18	A	1		6.43	7.10	9.47
Ash	_	3.66	0.052	18	A	1		0.69	0.77	1.02
Carbohydrate, by difference	_	2.13		0	NC	4		0.40	0.45	0.60
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.27		3	A	1		0.05	0.06	0.08
<u> </u>		0.00		3	A	1		0.00	0.00	0.00
Sucrose		0.00		3	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00		3	A	1		0.00	0.00	0.00
Fructose	g	0.00		3	A	1		0.04		
Lactose				3		1			0.04	0.05
Maltose		0.00		3	A	1		0.00	0.00	0.00
Galactose		0.08		3	A	T		0.02	0.02	0.02
Minerals:										
Calcium, Ca	mg	711	4.596	18	A	1		135	149	199
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.16	0.008	18	A	1		0.03	0.03	0.05
Magnesium, Mg		27	0.376	18	A	1		5	6	8
Phosphorus, P		460	5.295	18	A	1		87	97	129
Potassium, K		76	4.994	18	A	1		14	16	21
Sodium, Na		644	11.980	18	A	1		122	135	180
Zinc, Zn		3.74	0.028	18	A	1		0.71	0.79	1.05
Copper, Cu		0.035	0.001	18	A	1		0.007	0.007	0.01
Manganese, Mn		0.024	0.002	18	A	1		0.005	0.005	0.00
Selenium, Se	µg	28.3	0.585	9	A	1		5.4	5.9	7.9
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0	0.0
Thiamin	_	0.027	0.003	9	A	1		0.005	0.006	0.00
Riboflavin	•	0.434	0.022	9	A	1		0.082	0.091	0.12
Niacin	-	0.039	0.004	9	A	1		0.007	0.008	0.01
Pantothenic acid	•	0.481	0.004	6	A	1		0.091	0.101	0.13
Vitamin B-6		0.075	0.003	9	A	1		0.014	0.016	0.02
Folate, total		27		4	A	1		5	6	8
Folic acid		0		0	NR	4		0	0	0
Folate, food		27		0	NR	4		5	6	8
Folate, DFE		27		0	NC	4		5	6	8
Choline, total	-	16.5		0	NR	4		3.1	3.5	4.6
Betaine	-									
Vitamin B-12		0.88	0.039	9	A	1		0.17	0.19	0.25
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	263		0	NC	4		50	55	74
Retinol	µg	256		3	A	1		49	54	72
Carotene, beta		85		0	NR	4		16	18	24
Carotene, alpha	µg	0		0	NR	4		0	0	0
Cryptoxanthin, beta	µg	0		0	NR	4		0	0	0
Vitamin A, IU	IU	994		0	NC	4		189	209	278
Lycopene		0		0	NR	4		0	0	0
Lutein + zeaxanthin	µg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.78	0.013	9	A	1		0.15	0.16	0.22
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma	mg	0.06	0.005	9	A	1		0.01	0.01	0.02
Tocopherol, delta	mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, beta		0.00	0.000	9	A	1		0.00	0.00	0.00

	<u>Aı</u>	mount in 1	00 gr	am s	of edil	ble portion	Amount in e	dible portion o	of common
			Nun	nber				easures of foo	
						Source Confidence			_
Nutrients and Units	Mean	Std. Erro				Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.	00 0	.000	9	A	1	0.00	0.00	0.00
Tocotrienol, delta	mg 0.	00 0	.000	9	A	1	0.00	0.00	0.00
Vitamin D (D2 + D3)		0		0	NR	4	0.2	0.2	0.3
Vitamin D2 (ergocalciferol)		•		•				0.0	0.2
Vitamin D3 (cholecalciferol) Vitamin D		U		0 1	NR LC	4 8	0.2 8	0.2 9	0.3 11
Vitamin K (phylloquinone)		4		2	A	1	0.5	0.5	0.7
Dihydrophylloquinone				2	A	1	0.0	0.0	0.0
Menaquinone-4				2	A	1	1.6	1.8	2.4
Lipids:									
Fatty acids, total saturated	g 19.	368		0	NC	4	3.680	4.067	5.423
4:0		675 0	.009	18	A	1	0.128	0.142	0.189
6:0	g 0.	565 0	.013	18	A	1	0.107	0.119	0.158
8:0	g 0.	361 0	.006	18	A	1	0.069	0.076	0.101
10:0	•		.015		A	1	0.163	0.180	0.240
12:0	•	967 0	.013	18	A	1	0.184	0.203	0.271
13:0	•								
14:0	•			18	A	1	0.590	0.652	0.869
15:0 16:0	•		.004		A A	1 1	0.061	0.068	0.090
17:0	•		.004		A	1	1.654 0.037	1.828 0.041	2.437 0.055
18:0	•		.116		A	1	0.674	0.745	0.993
20:0	-		.001		A	1	0.009	0.010	0.014
22:0	-		.001		A	1	0.003	0.003	0.004
24:0	=	009 0	.000	18	A	1	0.002	0.002	0.002
Fatty acids, total monounsaturated	g 8.	428		0	NC	4	1.601	1.770	2.360
14:1	g 0.	305 0	.009	18	A	1	0.058	0.064	0.085
15:1	g 0.	000 0	.000	18	A	1	0.000	0.000	0.000
16:1 undifferentiated	•		.017		AS	1	0.094	0.103	0.138
16:1 c	0		.015		A	1	0.074	0.082	0.109
16:1 t	0		.002		A	1	0.020	0.022	0.029
17:1	•		.003		A As	1 1	0.011 1.427	0.012 1.577	0.017 2.103
18:1 c	•		.088		A	1	1.267	1.400	1.867
18:1 t	=		.013		A	1	0.160	0.177	0.236
18:1-11 t (18:1t n-7)	•					_			***
20:1	-	061 0	.001	18	A	1	0.012	0.013	0.017
22:1 undifferentiated	g 0.	001 0	.000	18	AS	1	0.000	0.000	0.000
22:1 c	g 0.	001 0	.000	18	A	1	0.000	0.000	0.000
22:1 t	g 0.		.000		A	1	0.000	0.000	0.000
24:1 c	•		.000		A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated	=	433		0	NC	4	0.272	0.301	0.401
18:2 undifferentiated			.017		AS	1	0.224	0.248	0.330
18:2 n-6 c,c	•		.019		A A	1 1	0.147	0.163	0.217 0.049
18:2 CLAs 18:2 t.t	•	1/4 0	.004	10	A	1	0.033	0.037	0.049
18:2 i									
18:2 t not further defined		230 0	.005	18	A	1	0.044	0.048	0.064
18:3 undifferentiated		122 0	.011	18	AS	1	0.023	0.026	0.034
18:3 n-3 c,c,c (ALA)	g 0.	117 0	.011	18	A	1	0.022	0.025	0.033
18:3 n-6 c,c,c	g 0.	001 0	.001	18	A	1	0.000	0.000	0.000
18:3i	-		.000		A	1	0.001	0.001	0.001
18:4	•		.000		A	1	0.000	0.000	0.000
20:2 n-6 c,c			.000		A	1	0.001	0.001	0.002
20:3 undifferentiated	-		.001		AS	1	0.007	0.008	0.010
20:3 n-3	-		.000		A	1	0.000	0.000	0.000
20:3 n-6 20:4 undifferentiated			.001		A A	1 1	0.007	0.007	0.010 0.014
20:4 undifferentiated	-	0.50 0	.001	Τ0	A	_	0.010	0.011	0.014
20:5 n-3 (EPA)		010 0	.001	18	A	1	0.002	0.002	0.003
21:5						=	0.002	0.002	
22:4		0 800	.001	18	A	1	0.002	0.002	0.002
22:5 n-3 (DPA)			.001		A	1	0.003	0.004	0.005

	<u>Am ou</u>	nt in 100 gr Nur	am s		<u>on</u>	Amount in edible portion of common measures of food			
						Confidence			
Nutrients and Units	Mean Sto	l. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.001	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total transg	1.179		0	NC	4		0.224	0.248	0.330
Fatty acids, total trans-monoenoicg	0.946		0	NC	4		0.180	0.199	0.265
Fatty acids, total trans-polyenoicg	0.233		0	NC	4		0.044	0.049	0.065
Cholesterolmg	99	0.621	9	A	1		19	21	28
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.321		0	A	1		0.061	0.067	0.090
Threonineg	1.091		0	A	1		0.207	0.229	0.305
Isoleucineg	1.289		0	A	1		0.245	0.271	0.361
Leucineg	2.434		0	A	1		0.462	0.511	0.681
Lysineg	2.037		0	A	1		0.387	0.428	0.570
Methionineg	0.587		0	A	1		0.112	0.123	0.164
Cystineg	0.144		0	A	1		0.027	0.030	0.040
Phenylalanineg	1.259		0	A	1		0.239	0.264	0.352
Tyrosineg	1.317		0	A	1		0.250	0.276	0.369
Valineg	1.631		0	A	1		0.310	0.342	0.457
Arginineg	1.084		0	A	1		0.206	0.228	0.304
Histidineg	0.710		0	A	1		0.135	0.149	0.199
Alanineg	0.838		0	A	1		0.159	0.176	0.235
Aspartic acidg	1.973		0	A	1		0.375	0.414	0.552
Glutamic acidg	5.675		0	A	1		1.078	1.192	1.589
Glycineg	0.484		0	A	1		0.092	0.102	0.136
Prolineg	2.680		0	A	1		0.509	0.563	0.750
Serineg	1.394		0	A	1		0.265	0.293	0.390
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 19g: 1 slice (2/3 oz) Measure 2 = 21g: 1 slice (3/4 oz) Measure 3 = 28g: 1 slice (1 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 100 g	rams	of edi	ble portion		Amount in edible portion of common			
			Nii	mbei	r				easures of fo		
						Source Co	nfidence				
Nutrients and Un	ite	Mean	Std. Error P				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Wican	Std. 1101 ·					weasure i	Weasure 2	Wicasuic	
Proximates:											
Water	g	37.65	0.752			1		10.67			
Energy	kcal	387		0	NC	4		110			
Energy	kJ	1620		0		4		459			
Protein (N x 6.38)	g	23.37	•	12		1		6.63			
Total lipid (fat)	g	30.60)	4		1		8.68			
Ash	g	3.60	0.101	. 3		1		1.02			
Carbohydrate, by difference	g	4.78	1	0	NC	4		1.36			
Fiber, total dietary		0.0		0		4		0.0			
Sugars, total											
Starch											
	9										
Minerals:	po	<i>-</i>		_		-		100			
Calcium, Ca	-	643		7		1		182			
Iron, Fe	-	0.21	•	4		1		0.06			
Magnesium, Mg		21		4		1		6			
Phosphorus, P		464		7		1		131			
Potassium, K	-	95		4		1		27			
Sodium, Na		700		4		1		198			
Zinc, Zn	-	2.79		0		4		0.79			
Copper, Cu		0.04		0		1		0.012			
Manganese, Mn	-	0.01	.2	0		1		0.003			
Selenium, Se	µg	14.5		0	CAZN	4		4.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0			
Thiamin	mg	0.04	6 0.001	. 11		1		0.013			
Riboflavin	mg	0.29	3 0.014	. 11		1		0.083			
Niacin	mg	0.08	10	0		4		0.023			
Pantothenic acid	mg	0.41	.3	0		4		0.117			
Vitamin B-6	-	0.07	4	0		4		0.021			
Folate, total	-	18		0		4		5			
Folic acid		0		0	z	7		0			
Folate, food		18		0		4		5			
Folate, DFE		18		0	NC	4		5			
Choline, total				_		_		•			
Betaine											
Vitamin B-12	-	0.83		0		4		0.23			
Vitamin A. RAE		233		0	NC	4		66			
Retinol		220		0	NC	4		62			
Carotene, beta		220		Ū	110	-		~ 			
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		985		2		1		279			
,		965		2		_		213			
Lycopene Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
•											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µg										

	Aı	mount in 1	00 grams	Amount in edible portion of common				
			Number				easures of fo	
				Deriv 9	Source Confidence			
Nutrients and Units	Mean	Std. Erro	or Points			Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	.g 19.	475	0		4	5.521		
4:0	.g 0.	966	0		4	0.274		
6:0	.g 0.	488	0		4	0.138		
8:0	•	258	0		4	0.073		
10:0	-	554	0		4	0.157		
12:0	-	500	0		4	0.142		
13:0	-		•					
14:0	=	075	0		4	0.872		
15:0 16:0	-	052	0		4	2.566		
17:0	=	052	U		*	2.566		
18:0	-	700	0		4	1.049		
20:0	-	, 00	ŭ		•	1.015		
22:0	-							
24:0	-							
Fatty acids, total monounsaturated	.g 8.	671	0		4	2.458		
14:1	.g							
15:1	.g							
16:1 undifferentiated	.g 0.	927	0		4	0.263		
17:1								
18:1 undifferentiated	=	299	0		4	2.069		
20:1		000	0		4	0.000		
22:1 undifferentiated		000	0		4	0.000		
24:1 c			•					
Fatty acids, total polyunsaturated		B70	0		4	0.247		
18:2 undifferentiated		533 337	0 0		4 4	0.151		
18:3 undifferentiated	-	000	0		4	0.096 0.000		
20:2 n-6 c.c.	. •	300	Ū		*	0.000		
20:3 undifferentiated	-							
20:4 undifferentiated	-							
20:5 n-3 (EPA)	-	000	0		4	0.000		
21:5	.g							
22:4	.g							
22:5 n-3 (DPA)	.g 0.	000	0		4	0.000		
22:6 n-3 (DHA)		000	0		4	0.000		
Fatty acids, total trans								
Cholesterol			1		1	29		
Phytosterols	mg							
Amino Acids:								
Tryptophan	.g 0.	300	0		1	0.085		
Threonine	.g 0.	832	0		1	0.236		
Isoleucine	.g 1.	451	0		1	0.411		
Leucine		238	0		1	0.634		
Lysine		945	0		1	0.551		
Methionine	.0	512	0		1	0.174		
Cystine		117	0		1	0.033		
Phenylalanine	•	231	0		1	0.349		
Tyrosine	-0	128	0		1	0.320		
Valine	•	560	0		1	0.442		
Arginine	.0	883 821	0 0		1	0.250		
HistidineAlanine	•	659	0		1	0.233 0.187		
Aspartic acid	•	502	0		1	0.187		
Glutamic acid		718	0		1	1.621		
Glycine	•	403	0		1	0.114		
Proline	•	634	0		1	0.747		
Serine		366	0		1	0.387		
Hydroxyproline								

NDB No. 01010 Cheese, cheshire

 ${\bf Common\ Measures:}$

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amou	nt in 100 gr			le portion		Amount in edible portion of common measures of food			
				nber					easures or roc	<u>5u</u>	
						Source Co	onfidence				
Nutrients and Un	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	a	38.20	0.326	28		1		50.42	43.17	10.83	
Energy	-	394		0	NC	4		520	445	112	
Energy		1647		0	NC	4		2174	1861	467	
Protein (N x 6.38)		23.76	0.431	20		1		31.36	26.85	6.74	
Total lipid (fat)		32.11	0.359	32		1		42.39	36.28	9.10	
Ash	g	3.36	0.168	16		1		4.44	3.80	0.95	
Carbohydrate, by difference	g	2.57		0	NC	4		3.39	2.90	0.73	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.52		0	BFNN	4		0.68	0.58	0.15	
Starch											
	_										
Minerals:											
Calcium, Ca	-	685	15.598			1		904	774	194	
Iron, Fe		0.76 26	0.046 1.373	4		1 1		1.00 34	0.86 29	0.22 7	
Magnesium, Mg	-	26 457	7.800			1		34 603	29 516	129	
Phosphorus, P Potassium, K		127	16.038			1		167	143	36	
Sodium, Na		604	26.255			1		798	683	171	
Zinc, Zn	-	3.07	0.023	4		1		4.05	3.47	0.87	
Copper, Cu	-	0.042	0.025	0		1		0.055	0.047	0.012	
Manganese, Mn	-	0.012		0		1		0.016	0.014	0.003	
Selenium, Se	-	14.5		0	CAZN	4		19.1	16.4	4.1	
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	0.0	0 001	0 8		1 1		0.0 0.020	0.0	0.0	
Thiamin	-	0.015 0.375	0.001 0.017			1		0.020	0.017 0.424	0.004 0.106	
Riboflavin	-	0.375	0.017	9		1		0.495	0.424	0.106	
Pantothenic acid	-	0.210	0.024	1		1		0.123	0.103	0.026	
Vitamin B-6	-	0.079	0.023	7		1		0.104	0.089	0.022	
Folate, total	-	18	0.025	0		4		24	21	5	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		18		0		4		24	21	5	
Folate, DFE		18		0	NC	4		24	21	5	
Choline, total		15.4		0	T	4		20.3	17.4	4.4	
Betaine	mg										
Vitamin B-12	-	0.83	0.079	7		1		1.09	0.93	0.23	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	264		0	NC	4		348	298	75	
Retinol	µg	257		0	T	4		339	290	73	
Carotene, beta	µg	82		0	BFFN	4		109	93	23	
Carotene, alpha	µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		994		0	NC	4		1312	1123	282	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.28		0	BFFN	4		0.36	0.31	0.08	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocopneroi, deita Tocotrienol, alpha	-										
Tocotrienol, beta	-										
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.6		0	AS	1		0.8	0.7	0.2	
Vitamin D		24		0	BFFN	4		31	27	7	
Vitamin K (phylloquinone)		2.7		0	BFFN	4		3.5	3.0	0.8	
Dihydrophylloquinone											
Menaquinone-4											

	Amo	ount in 100 g Nu	ram s m be i		ble portion		edible portion of easures of foo	
Nutrients and Units	Mean S	of Std. Error Po			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:	g 20.218	2	0		1	26 600	22.846	5.732
Fatty acids, total saturated	•		1		1	26.688 1.374	1.176	0.295
6:0	•		8		1	0.342	0.293	0.073
8:0	-				1	0.428	0.366	0.092
10:0	-				1	0.788	0.675	0.169
12:0	-	0.016	8		1	0.557	0.477	0.120
14:0	-	L 0.149	8		1	5.057	4.329	1.086
15:0	-							
16:0	-	0.361	8		1	10.866	9.302	2.334
17:0 18:0	_	0.277	8		1	4.792	4.102	1.029
20:0	-		·		-			21025
22:0	-							
24:0								
Fatty acids, total monounsaturated)	0		1	12.250	10.486	2.631
15:1	-							
16:1 undifferentiated	-	0.050	8		1	1.292	1.106	0.278
17:1	-							
18:1 undifferentiated	-				1	10.313	8.829	2.215
20:1 22:1 undifferentiated	-		0		1	0.000	0.000	0.000
24:1 c	•	,	Ū		-	0.000	0.000	0.000
Fatty acids, total polyunsaturated		3	0		1	1.258	1.077	0.270
18:2 undifferentiated	-				1	0.892	0.764	0.192
18:3 undifferentiated	•				1	0.366	0.313	0.079
18:4 20:2 n-6 c,c	_)	0		1	0.000	0.000	0.000
20:3 undifferentiated								
20:4 undifferentiated)	0		1	0.000	0.000	0.000
20:5 n-3 (EPA)	-)	0		1	0.000	0.000	0.000
21:5	•							
22:4 22:5 n-3 (DPA)	-	1	0		1	0.000	0.000	0.000
22:6 n-3 (DHA)			0		1	0.000	0.000	0.000
Fatty acids, total trans	-							
Cholesterol		2.962	4		1	125	107	27
Phytosterols	,mg							
Amino Acids:								
Tryptophan			0		1	0.403	0.345	0.086
Threonine			0		1	1.115	0.955	0.240
IsoleucineLeucine	-		0		1	1.947 3.003	1.667 2.571	0.418 0.645
Lysine	.0		0		1	2.611	2.235	0.561
Methionine		2	0		1	0.821	0.703	0.176
Cystine			0		1	0.157	0.134	0.034
Phenylalanine			0		1	1.651	1.414	0.355
TyrosineValine			0		1 1	1.514 2.094	1.296 1.792	0.325 0.450
Arginine	-		0		1	1.185	1.015	0.255
Histidine	-		0		1	1.101	0.942	0.236
Alanine			0		1	0.884	0.757	0.190
Aspartic acid			0		1	2.016	1.726	0.433
Glutamic acid			0		1	7.673 0.541	6.569 0.463	1.648 0.116
Glycine Proline			0		1	3.535	3.026	0.116
Serine			0		1	1.833	1.570	0.394
Hydroxyproline	-							
Others:								
Alcohol, ethyl	g 0.0		0		7	0.0	0.0	0.0
Caffeine	.mg 0		0	Z	7	0	0	0

NDB No. 01011 Cheese, colby

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amour	nt in 100 gr	ams	Amount in edible portion of common					
			Nun	nber					easures of foo	
						Source Co	nfidence			
Nutrients and	Units	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.79	0.242	3	A	1		90.16	167.55	179.52
Energy	kcal	98		0	NC	4		111	207	221
Energy	kJ	412		0	NC	4		465	864	926
Protein (N x 6.38)	g	11.12	0.408	3	A	1		12.57	23.36	25.03
Total lipid (fat)	g	4.30	0.026	3	A	1		4.86	9.03	9.67
Ash	g	1.41	0.032	3	A	1		1.60	2.97	3.18
Carbohydrate, by difference	g	3.38		0	NC	4		3.82	7.09	7.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		2.67	0.520	3	A	1		3.02	5.61	6.01
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose	g	2.67	0.520	3	A	1		3.02	5.61	6.01
Maltose		0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	3	A	1		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mg	83	1.350	3	A	1		94	175	188
Iron, Fe	mg	0.07	0.000	3	A	1		0.08	0.15	0.17
Magnesium, Mg	mg	8	0.250	3	A	1		9	16	18
Phosphorus, P	mg	159	3.383	3	A	1		180	335	358
Potassium, K	mg	104	8.138	3	A	1		118	219	235
Sodium, Na	mg	364	17.616	3	A	1		411	764	819
Zinc, Zn	mg	0.40	0.014	3	A	1		0.45	0.84	0.90
Copper, Cu	mg	0.029	0.011	3	A	1		0.033	0.061	0.06
Manganese, Mn		0.002	0.000	3	A	1		0.002	0.005	0.00
Selenium, Se	µg	9.7	1.418	3	A	1		11.0	20.4	21.8
Vitamins:	ma	0.0		0		1		0.0	0.0	0.0
Vitamin C, total ascorbic acid	_	0.027	0.003	3	A	1		0.030	0.0 0.056	0.06
Thiamin	_	0.027	0.003	3	A	1		0.184	0.036	0.36
Riboflavin	_	0.103	0.003	3	A	1		0.184	0.343	0.36
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.099	0.004	3	A	1		0.629	1.169	1.25
Vitamin B-6	•	0.046	0.027	3	A	1		0.052	0.096	0.10
		12	1.350	4	•	1		14	26	27
Folic acid		0	1.350	0	z	7		0	0	0
Folate, food		12	1.350	4	4	1		14	26	27
Folate, DFE		12	1.550	0	NC	4		14	26	27
Choline, total		18.4		0	AS	1		20.8	38.7	41.5
Betaine	_	0.7		1	A	1		0.8	1.6	1.7
Vitamin B-12	-	0.43	0.047	3	A	1		0.49	0.91	0.97
Vitamin B-12, added		0.00	0.017	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		37		0	NC	4		42	78	83
Retinol		36	2.579	3	A	1		41	76	81
Carotene, beta		12	_,,,,	0	BFFN	4		13	24	26
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		140		0	NC	4		158	293	314
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	, 7		0	0	0
Vitamin E (alpha-tocopherol)		0.08	0.003	3	A	1		0.09	0.16	0.17
Vitamin E, added		0.00	3.003	0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00	0.000	3	A	1		0.00	0.00	0.00
	mg	0.00	0.000	3	A	1		0.00	0.00	0.00

	<u>Am</u>	ount in 10	00 gram	s of edil	ble portion	Amount in edible portion of common			
			Num be	-				easures of foo	
Nutrients and Units	Mean	Std. Erroi			Source Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0		000 3	A	1		0.00	0.00	0.00
Tocotrienol, deltamg	0.0		.000 3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	0.1		0	AS	1		0.1	0.2	0.2
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	0.1		0	BFFN	4		0.1	0.2	0.2
Vitamin D. (Cholecalchelor)pg	3		0	BFFN	4		4	7	7
Vitamin K (phylloquinone)µg	0.0	0.	000 3	A	1		0.0	0.0	0.0
DihydrophylloquinoneUg	0.0	0.	000 3	A	1		0.0	0.0	0.0
Menaquinone-4µg	0.9	0.	230 3	A	1		1.0	1.9	2.1
Lipids:									
Fatty acids, total saturatedg	1.7	18	0	NC	4		1.941	3.607	3.865
4:0g	0.1	09	0	BFFN	4		0.123	0.229	0.245
6:0g	0.0		0	BFFN	4		0.028	0.052	0.055
8:0g	0.0		0	BFFN	4		0.026	0.049	0.052
10:0g	0.0		0	BFFN	4		0.073	0.135	0.144
12:0g	0.0	70	0	BFFN	4		0.079	0.147	0.158
13:0	0.2	63	0	BFFN	4		0.297	0.553	0.592
15:0	0.0		0	BFFN	4		0.033	0.061	0.065
16:0g	0.7		0	BFFN	4		0.879	1.634	1.750
17:0g	0.0		0	BFFN	4		0.013	0.024	0.026
18:0g	0.3	45	0	BFFN	4		0.390	0.725	0.777
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.7		0	NC	4		0.879	1.633	1.750
14:19	0.0	17	0	BFFN	4		0.020	0.036	0.039
15:1	0.0	47	0	BFFN	4		0.053	0.098	0.105
17:1g									
18:1 undifferentiated	0.7	14	0	BFFN	4		0.806	1.499	1.606
20:1g	0.0	00	0		1		0.000	0.000	0.000
22:1 undifferentiatedg	0.0	00	0		1		0.000	0.000	0.000
24:1 cg Fatty acids, total polyunsaturatedg	0.1	23	0	NC	4		0.139	0.258	0.276
18:2 undifferentiatedg	0.1		0	BFFN	4		0.119	0.238	0.270
18:3 undifferentiated	0.0		0	BFFN	4		0.020	0.036	0.039
18:4g	0.0	00	0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.0	00	0	BFFN	4		0.000	0.000	0.000
21:5g									
22:4g	0.0	00	0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.0		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans	0.0		·	2111	•		0.000	0.000	0.000
Cholesterolmg	17	0.	208 3	A	1		20	36	39
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.1		0	A	1		0.166	0.309	0.331
Threonineg	0.5		0	A	1		0.565	1.051	1.126
Isoleucineg	0.5		0	A	1		0.668	1.241	1.330
Leucine	1.1		0	A	1		1.261	2.344	2.511
Lysine	0.9		0	A A	1 1		1.056 0.304	1.962 0.565	2.102 0.606
Cystineg	0.2		0	A	1		0.304	0.565	0.606
Phenylalanineg	0.5		0	A	1		0.652	1.212	1.299
Tyrosineg	0.6		0	A	1		0.682	1.268	1.359
Valineg	0.7		0	A	1		0.845	1.571	1.683
Arginineg	0.4		0	A	1		0.562	1.044	1.119
Histidineg	0.3	26	0	A	1		0.368	0.684	0.733
Alanineg	0.3	84	0	A	1		0.434	0.807	0.864

	Amount in	100 grams	Amount in e	Amount in edible portion of common			
		Number	r		<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Er			Source Confid Code Cod		Measure 2	Measure 3
Aspartic acid9	0.905	0	A	1	1.022	1.900	2.036
Glutamic acidg	2.603	0	A	1	2.941	5.466	5.856
Glycineg	0.222	0	A	1	0.251	0.466	0.500
Prolineg	1.229	0	A	1	1.389	2.581	2.766
Serineg	0.639	0	A	1	0.722	1.343	1.439
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	0.0
Caffeinemg	0	0	Z	7	0	0	0
Theobrominemg	0	0	Z	7	0	0	0

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 210g: 1 cup, large curd (not packed)

Measure 3 = 225g: 1 cup, small curd (not packed)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edil	ble portion		Amount in e	dible portion	of common
				Number				m	easures of fo	od_
						Source Confid	lence			
Nutrients and Ur	nits	Mean	Std. Error					Measure 1	Measure 2	Measure
Proximates: Water	a	79.6	4	0	RA	4		90.00	179.99	
Energy		97	-	0	NC	4		110	220	
Energy		407		0	NC	4		460	921	
Protein (N x 6.38)		10.6	۵	0	RA.	4		12.08	24.17	
		3.8		0	RA.	4		4.35	8.70	
Total lipid (fat)	_	1.2		0	RA RA	4		1.36	2.72	
Ash	-	4.6		0	RA RA	4		5.21		
Carbohydrate, by difference		0.2		0	RA RA	4		0.2	10.42	
Fiber, total dietary				-		=			0.5	
Sugars, total		2.3	8	0	RA	4		2.69	5.39	
Starch	9									
Minerals:				•					101	
Calcium, Ca	_	53		0	RA	4		60	121	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.1	ь	0	RA	4		0.18	0.36	
Magnesium, Mg		7		0 0	RA	4 4		8	15 255	
Phosphorus, P	_	113		0	RA			128		
Potassium, K	•	90 344		0	RA	4 4		102 389	204 778	
Sodium, Na	-	0.3	2	0	RA RA	4		389 0.37	778 0.75	
Zinc, Zn		0.0		0	RA RA	4		0.37	0.75	
Copper, Cu		0.0		0	RA RA	4		0.043	0.090	
Selenium, Se	_	7.7	03	0	RA	4		8.7	17.4	
		, . ,		·		-		0.7	-/	
Vitamins:										
Vitamin C, total ascorbic acid	_	1.4		0	RA	4		1.6	3.2	
Thiamin	_	0.0		0	RA	4		0.037	0.075	
Riboflavin	_	0.1		0	RA	4		0.160	0.320	
Niacin	_	0.1		0	RA	4		0.169	0.338	
Pantothenic acid		0.1		0	RA	4		0.205	0.409	
Vitamin B-6	_	0.0	68	0	RA	4		0.077	0.154	
Folate, total		11		0	RA	4		13	25	
Folic acid		0		0	RA	4		0	0	
Folate, food		11		0	RA	4		13	25	
Folate, DFE		11		0	NC	4		13	25	
Choline, total	_	17.5		0	CAZN	4		19.8	39.6	
Betaine	• • • • • • • • • • • • • • • • • • • •		_							
Vitamin B-12		0.5		0	RA	4		0.60	1.20	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		38		0	RA	4		43	85	
Retinol		37		0	RA	4		41	83	
Carotene, beta		14		0	RA	4		16	32	
Carotene, alpha		0		0	RA	4		0	0	
Cryptoxanthin, beta		0		0	RA	4		0	0	
Vitamin A, IU		146		0	RA	4		165	329	
Lycopene		0		0	RA	4		0	0	
Lutein + zeaxanthin		0	_	0	RA	4		0	0	
Vitamin E (alpha-tocopherol)		0.0		0	RA	4		0.04	0.08	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta				_	_	-				
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		0.4		0	RA	4		0.5	1.0	
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u> </u>	Amount in 1	100 grams	Amount in e	Amount in edible portion of common				
			Number				measures of food		
			of Data	Deriv	Source Confiden			_	
Nutrients and Units	Mean	Std. Erro	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturated		.311	0	RA	4	2.611	5.222		
4:0		.123 .027	0	RA RA	4 4	0.139 0.031	0.279 0.061		
8:0	.0	.031	0	RA	4	0.035	0.069		
10:0		.070	0	RA	4	0.079	0.158		
12:0	=	.061	0	RA	4	0.069	0.138		
13:0 14:0	=	.401	0	RA	4	0.453	0.907		
15:0	=								
16:0	.0	.159	0	RA	4	1.310	2.620		
17:0 18:0		.438	0	RA	4	0.495	0.990		
20:0		. 130	· ·	ICA	*	0.455	0.550		
22:0	.g								
24:0	-	0.26	•						
Fatty acids, total monounsaturated	-	.036	0	RA	4	1.171	2.342		
15:1									
16:1 undifferentiated	•	.137	0	RA	4	0.155	0.310		
17:1	-	000	•						
18:1 undifferentiated 20:1	-	.899 .000	0	RA RA	4 4	1.016 0.000	2.033 0.000		
22:1 undifferentiated	-	.000	0	RA	4	0.000	0.000		
24:1 c	.g								
Fatty acids, total polyunsaturated		.124	0	RA	4	0.140	0.281		
18:2 undifferentiated		.088 .037	0	RA RA	4 4	0.099 0.041	0.198 0.083		
18:4		.000	0	RA	4	0.000	0.000		
20:2 n-6 c,c									
20:3 undifferentiated		000	•						
20:4 undifferentiated 20:5 n-3 (EPA)		.000	0	RA RA	4 4	0.000	0.000		
21:5		••••	· ·	141	•	0.000	0.000		
22:4	.g								
22:5 n-3 (DPA)	.0	.000	0	RA	4	0.000	0.000		
22:6 n-3 (DHA) Fatty acids, total trans	•	.000	0	RA	4	0.000	0.000		
Cholesterol			0	RA	4	14	29		
Phytosterols	.mg								
Amino Acids:									
Tryptophan	.g 0	.118	0	RA	4	0.134	0.267		
Threonine		.471	0	RA	4	0.532	1.064		
IsoleucineLeucine	.0	.624 .091	0	RA RA	4 4	0.705 1.233	1.410 2.467		
Lysine	•	.859	0	RA	4	0.970	1.940		
Methionine	-	.320	0	RA	4	0.361	0.722		
Cystine	•	.099	0	RA	4	0.111	0.223		
Phenylalanine Tyrosine	•	.572 .566	0	RA RA	4 4	0.646 0.640	1.293 1.279		
Valine	•	.657	0	RA	4	0.742	1.485		
Arginine		.485	0	RA	4	0.547	1.095		
Histidine	•	.353	0	RA	4	0.399	0.797		
AlanineAspartic acid	•	.551 .719	0	RA RA	4 4	0.622 0.813	1.245 1.625		
Asparuc acid	•	.300	0	RA	4	2.599	5.198		
Glycine	•	.231	0	RA	4	0.261	0.523		
Proline	•	.230	0	RA	4	1.390	2.780		
Serine	•	.596	0	RA	4	0.673	1.347		
	.⊎								
Others:	a ^	.0	0	RA	4	0.0	0.0		
Alcohol, ethyl Caffeine	•		0	RA RA	4	0.0	0.0 0		
	. •		-			-			

NDB No. 01013

Cheese, cottage, creamed, with fruit

Nutrients and Units

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Measure 1

Measure 3

0

Code

Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

food, or similar food. Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		AIII	ount in 1	oo graiii	or car	ole porti	<u>011</u>		dible portion	
				Num be	measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Erro	r Points	Code	Code	Code	Measure 1	Measure 2	Measure
				•						
Proximates:										
Water	g	82.48	3	0		1		93.20	186.40	
Energy	kcal	72		0	NC	4		82	164	
Energy	kJ	303		0	NC	4		342	685	
Protein (N x 6.38)		12.39	0	.455 8		1		14.00	28.00	
Total lipid (fat)	_	1.02	2 0	.097 5		1		1.15	2.31	
Ash	_	1.39		.064 7		1		1.57	3.14	
Carbohydrate, by difference	-	2.72		0	NC	4		3.07	6.15	
Fiber, total dietary		0.0	•	0	110	4		0.0	0.0	
		2.72	,	0	NR	4		3.07	6.15	
Sugars, total		2.72	•	U	NK	4		3.07	6.13	
Starch	g									
Minerals:										
Calcium, Ca		61		0		1		69	138	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.14	ŀ	0		1		0.16	0.32	
Magnesium, Mg		5		0		1		6	12	
Phosphorus, P		134		0		1		151	302	
Potassium, K	-	86		0		1		97	193	
Sodium, Na	-	406		0		1		459	918	
Zinc, Zn	mg	0.38		0		1		0.43	0.86	
Copper, Cu	mg	0.02		0		1		0.032	0.063	
Manganese, Mn		0.00)3	0		1		0.003	0.007	
Selenium, Se	µg	9.0		0	BFNN	4		10.2	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	-	0.02	21	0		1		0.024	0.047	
Riboflavin		0.16	55	0		1		0.186	0.373	
Niacin	-	0.12	28	0		1		0.145	0.289	
Pantothenic acid	mg	0.21	.5	0		1		0.243	0.486	
Vitamin B-6	-	0.06	8	0		1		0.077	0.154	
Folate, total	-	12		0		1		14	28	
Folic acid		0		0	Z	7		0	0	
Folate, food		12		0		1		14	28	
Folate, DFE		12		0	NC	4		14	28	
Choline, total		17.5		0	CAZN	4		19.8	39.6	
Betaine	-									
Vitamin B-12	-	0.63	3	0		1		0.72	1.43	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		11		0	NC	4		13	25	
Retinol		11		0	NC	4		12	25	
Carotene, beta	· -	3		0	BFFN	4		3	6	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		41		0	NC	4		46	93	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01	_	0	BFFN	4		0.01	0.02	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		5.00		•	_	•				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	
Vitamin D		0		0	z	7		0	0	
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.2	
Dihydrophylloquinone		V.1		v	2111	•		V.1	V.2	
Menaquinone-4										

		<u>Am</u>	oun	t in 100	Amount in edible portion of common						
		Nun				.r			measures of food		
				-			Source (Confidence	_		
Nutrients and Units	N	lean	Std.			s Code		Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	9	0.64	1 5		0		1		0.729	1.458	
4:0	•	0.03			1		1		0.037	0.075	
6:0		0.00			1		1		0.008	0.016	
8:0 10:0	0	0.00		0.0			1 1		0.009 0.021	0.018 0.043	
12:0	-	0.01		0.00			1		0.021	0.043	
13:0		0.01	-0	0.0	05 /		-		0.010	0.030	
14:0	-	0.10	7	0.0	11 7		1		0.121	0.242	
15:0	-										
16:0	g	0.30	8	0.0	30 7		1		0.348	0.696	
17:0	g										
18:0	-	0.11	L 6	0.0	12 7		1		0.131	0.262	
20:0											
22:0 24:0											
Fatty acids, total monounsaturated	-	0.29	91		0		1		0.329	0.658	
14:1		0.23	-		·		-		0.323	0.050	
15:1	-										
16:1 undifferentiated		0.03	36	0.0	05 7		1		0.041	0.081	
17:1	g										
18:1 undifferentiated	g	0.23	39	0.0	24 7		1		0.270	0.540	
20:1		0.00			0		1		0.000	0.000	
22:1 undifferentiated	-	0.00	00		0		1		0.000	0.000	
24:1 c	-	0 03	.1		0		1		0.035	0.070	
Fatty acids, total polyunsaturated		0.03		0.0			1		0.035 0.025	0.070 0.050	
18:3 undifferentiated		0.02		0.0			1		0.023	0.020	
18:4		0.00			0		1		0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated	g										
20:4 undifferentiated	g	0.00	00		0		1		0.000	0.000	
20:5 n-3 (EPA)		0.00	00		0		1		0.000	0.000	
21:5											
22:4	-	0.00	١٥		0		1		0.000	0.000	
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-	0.00			0		1		0.000	0.000	
Fatty acids, total trans		0.00	, ,		·		-		0.000	0.000	
Cholesterol	-	4			0		1		5	10	
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.13	18		0		1		0.156	0.312	
Threonine		0.55			0		1		0.622	1.243	
Isoleucine		0.72			0		1		0.823	1.645	
Leucine	-	1.27	74		0		1		1.440	2.879	
Lysine	g	1.00)2		0		1		1.132	2.265	
Methionine	g	0.37	73		0		1		0.421	0.843	
Cystine	-	0.11			0		1		0.130	0.260	
Phenylalanine		0.66			0		1		0.755	1.510	
Tyrosine		0.66			0		1 1		0.746	1.492	
Valine		0.76			0		1		0.867 0.638	1.733 1.277	
Arginine Histidine		0.41			0		1		0.466	0.931	
Alanine		0.41			0		1		0.400	1.453	
Aspartic acid		0.83			0		1		0.948	1.896	
Glutamic acid		2.68			0		1		3.033	6.066	
Glycine		0.27	70		0		1		0.305	0.610	
Proline		1.43	35		0		1		1.622	3.243	
Serine	-	0.69	95		0		1		0.785	1.571	
Hydroxyproline	9										
Others:											
Alcohol, ethyl	g	0.0			0		7		0.0	0.0	
Caffeine	mg	0			0	Z	7		0	0	

NDB No. 01016 Cheese, cottage, low fat, 1% milkfat

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in 10			ble portio	<u>on</u>	Amount in edible portion of common			
				Number	measures of food						
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	а	82.50)	0		1		93.23	187.28		
Energy		74		0		1		84	168		
Energy		310		0		1		350	703		
Protein		12.40)	0		1		14.01	28.15		
Total lipid (fat)	g	1.00)	0		1		1.13	2.27		
Ash		0.90)	0	NR	4		1.02	2.04		
Carbohydrate, by difference	g	3.20)	0	NC	4		3.62	7.26		
Fiber, total dietary		0.6		0		4		0.7	1.4		
Sugars, total	g	2.60)	0	NR	4		2.94	5.90		
Starch											
Minerals:				_							
Calcium, Ca	-	53	4	0		4		60	120		
Iron, Fe		0.14 5	±	0		1 1		0.16 6	0.32 11		
Magnesium, Mg		134		0		1		151	304		
Phosphorus, P Potassium, K		86		0		1		97	195		
Sodium, Na		220		0		4		249	499		
Zinc, Zn	-	0.38	3	0		1		0.43	0.86		
Copper, Cu	-	0.02		0		4		0.032	0.064		
Manganese, Mn											
Selenium, Se		9.0		0	BFNN	4		10.2	20.4		
Vitamina											
<u>Vitamins:</u>	m a	0.0		0		1		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0	20	0		1		0.023	0.045		
Riboflavin	-	0.10		0		1		0.181	0.363		
Niacin	-	0.1		0		1		0.147	0.295		
Pantothenic acid	_	002.		•		_		*****	0.255		
Vitamin B-6	-	0.0	70	0		1		0.079	0.159		
Folate, total	-	12		0		1		14	27		
Folic acid		0		0	Z	7		0	0		
Folate, food		12		0		1		14	27		
Folate, DFE	µg	12		0	NC	4		14	27		
Choline, total	mg	17.5		0	BFZN	4		19.8	39.7		
Betaine	mg										
Vitamin B-12		0.63		0		1		0.71	1.43		
Vitamin B-12, added		0.00	0	0	Z	7		0.00	0.00		
Vitamin A, RAE		11		0	NC	4		12	25		
Retinol		11		0	BFFN	4		12	24		
Carotene, beta		3		0	BFFN	4		3	6		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		-	0		
Vitamin A, IU		40 0		0	NC Z	<u>4</u> 7		45 0	91 0		
LycopeneLutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.0	1	0	BFFN	4		0.01	0.02		
Vitamin E, added		0.00		0	Z	7		0.00	0.02		
Tocopherol, beta		2.00	-	•	_	•			0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	mg										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.2		
Dihydrophylloquinone	uа										

Nutrients and Units Nutrients		<u>Am our</u>	nt in 100 grams	Amount in edible portion of common				
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3			Number	measures of food				
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3			of Data	Deriv S	Source Confidence			
Firmy acids, total saturated. 9 0.640 0 1 0.723 1.453 6.60 6. 9 0.030 0 1 0.034 0.068 6.0 9 0.030 0 1 0.034 0.068 6.0 9 0.010 0 1 0.031 0.023 100.0 1 0.011 0.023 100.0 1 0.011 0.023 100.0 1 0.011 0.023 100.0 1 0.023 100.0 1 0.023 100.0 1 0.023 100.0 1 0.023 0.045 120. 9 0.020 0 1 0.023 0.045 120. 9 0.020 0 1 0.023 0.045 120. 9 0.020 1 0.023 0.045 120. 9 0.020 1 0.023 0.045 130. 9 0.110 0 1 0.124 0.250 150. 9 0.150 0 1 0.350 0.704 170. 9 0.160. 9 0.310 0 1 0.350 0.704 170. 9 0.170 0 1 0.350 0.704 170. 9 0 0 1 0.350 0.704 170. 9 0.220 0 1 0.36 0.272 200. 9 0 0 1 0.328 0.658 141. 9 0.220 9 0 1 0.328 0.658 141. 9 0.110 0 0.001	Nutrients and Units	Mean Std					Measure 2	Measure 3
First packs, total saturated								
4-0	Lipids:							
4-0		0.640	0		1	0.723	1.453	
80	-	0.030	0		1	0.034	0.068	
100	•	0.010	0		1	0.011	0.023	
100	8:0g	0.010	0		1	0.011	0.023	
12-0.	-	0.020	0		1	0.023	0.045	
14-0		0.020	0		1	0.023	0.045	
15:0. 9	13:0g							
160	14:0g	0.110	0		1	0.124	0.250	
17:0. 9	15:0g							
18.0	16:0g	0.310	0		1	0.350	0.704	
20:0	17:0g							
22-0. 9	18:0g	0.120	0		1	0.136	0.272	
Patry acids, total polyunsaturated	20:0g							
Fatty acids, total monounsaturated	22:0g							
14:1								
15:1		0.290	0		1	0.328	0.658	
16:1 undifferentiated	14:1g							
17:1	15:1g							
18:1 undifferentiated		0.040	0		1	0.045	0.091	
20:1	_							
22:1 undifferentiated								
24:1 c			-					
Fatty acids, total polyunsaturated	<u> </u>	0.000	0		1	0.000	0.000	
18:2 undifferentiated	_							
18:3 undifferentiated			-		-			
18:4	_		-		-			
20:2 n-6 c,c	_							
20:3 undifferentiated	-	0.000	0		1	0.000	0.000	
20:4 undifferentiated g 0.000 0 1 0.000 0.000 20:5 n-3 (EPA) g 0.000 0 1 0.000 0.000 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 1 0.000 0.000 Fatty acids, total trans g Cholesterol mg 4 0 1 5 9 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0								
20:5 n-3 (EPA)		0.000	•		1	0.000	0.000	
21:5	_							
22:4	. ,	0.000	0		1	0.000	0.000	
22:5 n-3 (DPA) g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA) g 0.000 0 1 0.000 0.000 Fatty acids, total trans g Cholesterol mg 4 0 1 5 9 Phytosterols mg 0 1 5 9 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0 0								
22:6 n-3 (DHA) g 0.000 0 1 0.000 0.000 Fatty acids, total trans g Cholesterol		0.000	•		1	0.000	0.000	
Fatty acids, total trans	` /							
Cholesterol mg 4 0 1 5 9 Phytosterols Mg V 1 5 9 Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 Caffeine mg 0 0 z 7 0 0		0.000	U		_	0.000	0.000	
Phytosterolsmg Others: Alcohol, ethyl		A	0		1	E	۵	
Others: Alcohol, ethyl	_	*	U		-	5	9	
Alcohol, ethyl	•							
Caffeinemg 0 0 z 7 0 0		0 0	0		7	0 0	0 0	
	, ,			7				
Theobromine mg 0 0 7 7 0 0	Theobrominemg	0	0	Z	7	0	0	

Common Measures:

Measure 1 = 113g: 4 oz Measure 2 = 227g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Aiiio	unt in 10	u grains	or eun	ne portic	<u> </u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean S	td. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	83.50		0		4		94.36	188.71		
Energy	-	72		0		1		81	163		
Energy		301		0		1		340	681		
Protein		12.40		0		1		14.01	28.02		
Total lipid (fat)		1.00		0		1		1.13	2.26		
Ash		0.40		0	NR	4		0.45	0.90		
Carbohydrate, by difference		2.70		0	NC	4		3.05	6.10		
•		0.0		0	NC	7		0.0	0.0		
Fiber, total dietary		2.70		0	NR	4		3.05			
Sugars, total		2.70		U	NR	4		3.05	6.10		
Starch	g										
Minerals:											
Calcium, Ca	•	61		0		1		69	138		
Iron, Fe		0.14		0		1		0.16	0.32		
Magnesium, Mg		5		0		1		6	11		
Phosphorus, P		134		0		1		151	303		
Potassium, K	_	86		0		1		97	194		
Sodium, Na	_	13		0		1		15	29		
Zinc, Zn		0.38		0		1		0.43	0.86		
Copper, Cu		0.028		0		1		0.032	0.063		
Manganese, Mn		0.4		•				0.5	10.0		
Selenium, Se	µg	8.4		0	BFNN	4		9.5	19.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0		
Thiamin	mg	0.020		0		1		0.023	0.045		
Riboflavin	mg	0.160		0		1		0.181	0.362		
Niacin	mg	0.130		0		1		0.147	0.294		
Pantothenic acid	mg										
Vitamin B-6	mg	0.070		0		1		0.079	0.158		
Folate, total		12		0		1		14	27		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	12		0		1		14	27		
Folate, DFE		12		0	NC	4		14	27		
Choline, total		17.5		0	BFZN	4		19.8	39.6		
Betaine	_										
Vitamin B-12		0.63		0		1		0.71	1.42		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		11		0	NC	4		12	25		
Retinol		11		0	BFFN	4		12	24		
Carotene, beta		3		0	BFFN	4		3	6		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		40 0		0	NC	4 7		45 0	91		
Lycopene		0		0	Z Z	7		0	0 0		
Lutein + zeaxanthin		0.01		0	BFFN	4		0.01			
Vitamin E (alpha-tocopherol)		0.01		0	BFFN Z	7			0.02		
Vitamin E, added	_	0.00		U	Z	,		0.00	0.00		
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta	_										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.2		
Dihydrophylloquinone		V.1		ŭ		-		V.1	··-		
Menaquinone-4											

	Am	ount in 10		Amount in edible portion of common measures of food					
			Number						<u>~</u>
Nutrients and Units	Mean	Std. Error			Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.6	32	0		4		0.714	1.428	
4:0	0.0		0		4		0.035	0.070	
6:0g	0.0		0		4		0.008	0.016	
8:0g	0.0		0		4		0.010	0.010	
10:0g	0.0		0		4		0.010	0.020	
12:0g	0.0		0		4		0.018	0.036	
13:0g	0.0	10	Ū		*		0.010	0.030	
14:0g	0.1	04	0		4		0.118	0.235	
15:0	0.1	01	·		-		0.110	0.255	
16:0g	0.3	02	0		4		0.341	0.683	
17:0g	0.0	-	•		-		0.511	0.005	
18:0g	0.1	15	0		4		0.130	0.260	
20:0									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.2	84	0		4		0.321	0.642	
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	36	0		4		0.041	0.081	
17:1g									
18:1 undifferentiatedg	0.2	35	0		4		0.266	0.531	
20:1g	0.0	00	0		4		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.0	31	0		4		0.035	0.070	
18:2 undifferentiated	0.0	22	0		4		0.025	0.050	
18:3 undifferentiated	0.0	09	0		4		0.010	0.020	
18:4g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0		0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	
Fatty acids, total transg					_		_	_	
Cholesterolmg	4		0		1		5	9	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 113g: 4 oz Measure 2 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in e	edible portion	of common
				Number				m	easures of fo	od
						Source (Confidence			
Nutrients and Ur	nits	Mean S	td. Error	Points			Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	83.50		0		4		94.36	188.71	
Energy	-	67		0		4		76	151	
Energy		280		0		4		317	634	
Protein		10.90		0		4		12.32	24.63	
Total lipid (fat)	-	1.00		0		4		1.13	2.26	
Ash	-	1.60		0	NR	4		1.81	3.62	
Carbohydrate, by difference	-	3.00		0		4		3.39	6.78	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total		3.00		0	NR	4		3.39	6.78	
Starch		3.00		·	1424	-		3.33	0.70	
Minerals:	9									
Calcium, Ca	<u>mg</u>	56		0		4		63	127	
Iron, Fe	_	0.10		0		4		0.11	0.23	
Magnesium, Mg	mg	4		0		4		5	9	
Phosphorus, P	mg	128		0		4		145	289	
Potassium, K	mg	86		0		4		97	194	
Sodium, Na	<u>m</u> g	403		0		4		455	911	
Zinc, Zn	mg	0.29		0		4		0.33	0.66	
Copper, Cu	mg	0.028		0		4		0.032	0.063	
Manganese, Mn	mg									
Selenium, Se	µg	4.5		0	BFNN	4		5.1	10.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	4.0		0		4		4.5	9.0	
Thiamin	_	0.010		0		4		0.011	0.023	
Riboflavin		0.130		0		4		0.147	0.294	
Niacin	_	0.100		0		4		0.113	0.226	
Pantothenic acid	_									
Vitamin B-6		0.050		0		4		0.057	0.113	
Folate, total	_	10		0		4		11	23	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		4		11	23	
Folate, DFE	· -	10		0	NC	4		11	23	
Choline, total		17.5		0	BFZN	4		19.8	39.6	
Betaine	mg									
Vitamin B-12	µg	0.49		0		4		0.55	1.11	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	13		0	NC	4		14	28	
Retinol	µg	10		0	BFFN	4		11	22	
Carotene, beta	µg	34		0	BFFN	4		38	76	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU		89		0	NC	4		100	200	
Lycopene		0		0	BFZN	4		0	0	
Lutein + zeaxanthin	µg	16		0	BFZN	4		18	36	
Vitamin E (alpha-tocopherol)		0.01		0	BFFN	4		0.01	0.03	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta				_	_	_		<u> </u>		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D		0		0	Z	7		0	0	
Vitamin K (phylloquinone)		2.6		0	BFFN	4		3.0	5.9	
Dihydrophylloquinone										
Menaquinone-4	µg									

	Amo	ount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.61	9	0		4		0.699	1.399	
4:0g	0.02		0		4		0.033	0.066	
6:0g	0.01		0		4		0.011	0.023	
8:0g	0.01		0		4		0.011	0.023	
10:0g	0.01		0		4		0.021	0.043	
12:0g	0.01	9	0		4		0.021	0.043	
13:0g									
14:0g	0.10	5	0		4		0.120	0.240	
15:0g									
16:0g	0.30	2	0		4		0.341	0.683	
17:0g									
18:0g	0.11	5	0		4		0.131	0.262	
20:0g									
22:0g									
24:0g	0.00	•	•		4				
Fatty acids, total monounsaturatedg	0.28	2	0		4		0.319	0.637	
14:1g									
15:1g	0.03	•	0		4		0.044	0.000	
16:1 undifferentiatedg	0.03	,	U		4		0.044	0.088	
17:1	0.23	,	0		4		0.263	0.527	
20:1g	0.23		0		4		0.263	0.527	
20:1g 22:1 undifferentiatedg	0.00		0		4		0.000	0.000	
24:1 cg	0.00	,	U		*		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.03	2	0		4		0.044	0.088	
18:2 undifferentiatedg	0.02		0		4		0.033	0.066	
18:3 undifferentiated	0.01		0		4		0.011	0.023	
18:4g	0.00		0		4		0.000	0.023	
20:2 n-6 c,cg	0.00	•	·		-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.00)	0		4		0.000	0.000	
20:5 n-3 (EPA)	0.00		0		4		0.000	0.000	
21:5g							0.000	***************************************	
22:4g									
22:5 n-3 (DPA)g	0.00)	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	3		0		4		3	7	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 113g: 4 oz Measure 2 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am oun</u>	t in 100 gr	am s	of edi	ble portio	<u>1</u>	Amount in e	dible portion	of common
			Num	nber					easures of foo	
			of I	Data	Deriv	Source C	onfidence			
Nutrients and l	Units	Mean Std.	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		81.24	0.128	15	A	1		91.81	183.61	
Energy	kcal	81		0	NC	4		92	184	
Energy	kJ	340		0	NC	4		384	768	
Protein	g	10.45	0.291	15	A	1		11.81	23.62	
Total lipid (fat)	g	2.27	0.052	15	A	1		2.57	5.13	
Ash	g	1.27	0.026	15	A	1		1.44	2.88	
Carbohydrate, by difference	g	4.76		0	NC	4		5.38	10.76	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	4.00		2	A	1		4.52	9.04	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	
Fructose		0.00		2	A	1		0.00	0.00	
Lactose		3.87		2	A	1		4.38	8.76	
Maltose		0.00		2	A	1		0.00	0.00	
Galactose		0.12		2	A	1		0.14	0.28	
Starch										
Minerals:										
Calcium, Ca	<u>mg</u>	111	6.589	15	A	1		125	251	
Iron, Fe	mg	0.13	0.008	15	A	1		0.15	0.30	
Magnesium, Mg	mg	9	0.242	15	A	1		10	20	
Phosphorus, P	mg	150	3.455	15	A	1		169	338	
Potassium, K	mg	125	5.396	15	A	1		141	282	
Sodium, Na		308	4.229	15	A	1		348	697	
Zinc, Zn	mg	0.51	0.023	15	A	1		0.58	1.15	
Copper, Cu		0.033	0.003	15	A	1		0.037	0.074	
Manganese, Mn		0.015	0.000	15	A	1		0.017	0.033	
Selenium, Se	µg	11.9	0.105	8	A	1		13.5	27.0	
Vitamins:				•				0.0		
Vitamin C, total ascorbic acid	_	0.0		0	_	1		0.0	0.0	
Thiamin	_	0.020	0.000	8	A A	1 1		0.022	0.045	
Riboflavin	-	0.251 0.103	0.001	8 8	A	1		0.283 0.116	0.567	
Niacin	_			5	A	1			0.232	
Pantothenic acid	•	0.524 0.057	0.000	8	A	1		0.592 0.064	1.184 0.129	
Vitamin B-6		8	0.000	2	A	1		9	18	
Folate, total		0		0	Z	7		0	0	
Folate, food		8		2	A	1		9	18	
Folate, DFE		8		0	NC	4		9	18	
Choline, total		16.3		0	AS	1		18.4	36.7	
Betaine		0.6		1	A	1		0.7	1.4	
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.47	0.027	8	A	1		0.53	1.06	
Vitamin B-12, added		0.00	0.027	0	Z	7		0.00	0.00	
Vitamin A, RAE		68		0	AS	1		76	153	
Retinol		68		2	A	1		76	153	
Carotene, beta		6		0	BFFN	4		7	14	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	
Vitamin A, IU		225		0	AS	1		255	510	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	, 7		0	0	
Vitamin E (alpha-tocopherol)		0.08		2	A	1		0.09	0.18	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta		0.00		2	A	1		0.00	0.00	
Tocopherol, gamma		0.00		2	A	1		0.00	0.00	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha		0.00		2	A	1		0.00	0.00	
Tocotrienol, apria		0.00		2	A	1		0.00	0.00	

	An	nount in 10	0 grams	of edi	Amount in	Amount in edible portion of common			
			Num be				neasures of fo		
				-	Source Confid	_			
Nutrients and Units	Mean	Std. Error			Code Com		Measure 2	Measure 3	
Tocotrienol, gamma	ng 0.0	0	2	A	1	0.00	0.00		
Tocotrienol, delta	ng 0.0	0	2	A	1	0.00	0.00		
Vitamin D (D2 + D3)	ıg 0.0)	0	Z	7	0.0	0.0		
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol)									
Vitamin D			0	Z	7	0	0		
Vitamin K (phylloquinone)			000 3 000 3	A A	1 1	0.0	0.0 0.0		
Dihydrophylloquinone			000 3	A	1	0.0	0.0		
•	.g	•	000 3		-	0.0	0.0		
Lipids:	1.2	25	0	NG	4	1.396	2.791		
Fatty acids, total saturated	•		001 15	NC A	4 1	0.045	0.090		
6:0			001 15	A	1	0.038	0.077		
8:0			000 15	A	1	0.030	0.060		
10:0			001 15	A	1	0.068	0.137		
12:0			001 15	A	1	0.069	0.138		
13:0									
14:0		.99 0.	003 15	A	1	0.225	0.449		
15:0	0.0	21 0.	000 15	A	1	0.024	0.048		
16:0	0.5	61 0.	008 15	A	1	0.634	1.268		
17:0	0.0	10 0.	000 15	A	1	0.012	0.023		
18:0	0.2	18 0.	005 15	A	1	0.246	0.492		
20:0	0.0	03 0.	000 15	A	1	0.003	0.006		
22:0	0.0	01 0.	000 15	A	1	0.001	0.001		
24:09		00 0.	000 15	A	1	0.000	0.001		
Fatty acids, total monounsaturatedQ	0.5	16	0	NC	4	0.583	1.166		
14:1	0.0	20 0.	000 15	A	1	0.022	0.044		
15:1Q	0.0	00 0.	000 15	A	1	0.000	0.000		
16:1 undifferentiatedQ			000 15	AS	1	0.033	0.067		
16:1 c			000 15	A	1	0.028	0.057		
16:1 t			000 15	A	1	0.005	0.010		
17:19			000 15	A	1	0.004	0.008		
18:1 undifferentiatedQ			008 15	AS	1	0.520	1.040		
18:1 c			007 15	A	1	0.464			
18:1 t		50 0.	001 15	A	1	0.056	0.112		
18:1-11 t (18:1t n-7)		.03	000 15		1	0.003	0.007		
20:1			000 15	A AS	1	0.003	0.007		
22:1 c			000 15	A	1	0.000	0.000		
22:1 t	•		000 15	A	1	0.000	0.000		
24:1 c	•		000 15	A	1	0.000	0.000		
Fatty acids, total polyunsaturated			0	NC	4	0.094			
18:2 undifferentiated			002 15	AS	1	0.079	0.157		
18:2 n-6 c,c			002 15	A	1	0.053	0.107		
18:2 CLAs			000 15	A	1	0.011			
18:2 t,t									
18:2 i									
18:2 t not further defined	0.0	13 0.	000 15	A	1	0.015	0.030		
18:3 undifferentiated	0.0	07 0.	000 15	AS	1	0.008	0.016		
18:3 n-3 c,c,c (ALA)	0.0	07 0.	000 15	A	1	0.008	0.016		
18:3 n-6 c,c,cQ	0.0	00 0.	000 15	A	1	0.000	0.000		
18:3i	0.0	00 0.	000 15	A	1	0.000	0.000		
18:4			000 15	A	1	0.000	0.000		
20:2 n-6 c,c			000 15	A	1	0.000	0.000		
20:3 undifferentiatedQ			000 15	AS	1	0.003	0.005		
20:3 n-3Q			000 15	A	1	0.000	0.000		
20:3 n-6			000 15	A	1	0.003	0.005		
20:4 undifferentiated		0.	000 15	A	1	0.003	0.006		
20:4 n-6					_				
20:5 n-3 (EPA)		01 0.	000 15	A	1	0.001	0.002		
21:5			000	_					
22:5 - 2 (DDA)			000 15	A	1	0.000	0.000		
22:5 n-3 (DPA)	0.0	· · ·	000 15	A	1	0.001	0.001		

	<u>Am our</u>	ıt in 100 gı			Amount in edible portion of common measures of food				
		Nur	n be r				<u>m</u>	easures of foc	<u>oa</u>
		of	Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Std	. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total transg	0.067		0	NC	4		0.076	0.152	
Fatty acids, total trans-monoenoicg	0.054		0	NC	4		0.061	0.122	
Fatty acids, total trans-polyenoicg	0.013		0	NC	4		0.015	0.030	
Cholesterolmg	12	0.051	8	A	1		13	26	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.138		0	A	1		0.156	0.312	
Threonineg	0.470		0	A	1		0.531	1.063	
Isoleucineg	0.556		0	A	1		0.628	1.256	
Leucineg	1.049		0	A	1		1.185	2.371	
Lysineg	0.878		0	A	1		0.992	1.985	
Methionineg	0.253		0	A	1		0.286	0.572	
Cystineg	0.062		0	A	1		0.070	0.140	
Phenylalanineg	0.543		0	A	1		0.613	1.226	
Tyrosineg	0.568		0	A	1		0.641	1.283	
Valineg	0.703		0	A	1		0.794	1.589	
Arginineg	0.467		0	A	1		0.528	1.056	
Histidineg	0.306		0	A	1		0.346	0.692	
Alanineg	0.409		0	A	1		0.462	0.924	
Aspartic acidg	0.963		0	A	1		1.088	2.176	
Glutamic acidg	2.446		0	A	1		2.764	5.528	
Glycineg	0.209		0	A	1		0.236	0.472	
Proline9	1.155		0	A	1		1.305	2.611	
Serineg	0.601		0	A	1		0.679	1.358	
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	z	7		0	0	

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 226g: 1 cup (not packed)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gı	ams	of edil	ole portio	<u>n</u>	Amount in e	dible portion	of common
			Nur	n ber					easures of fo	
						Source (Confidence			
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water		81.01	0.592	3	A	1		117.46	91.54	
Energy	kcal	72		0	NC	4		105	82	
Energy	kJ	303		0	NC	4		439	342	
Protein (N x 6.38)	-	10.34	0.603	3	A	1		14.99	11.68	
Total lipid (fat)	g	0.29	0.063	3	A	1		0.42	0.32	
Ash	g	1.71	0.127	3	A	1		2.48	1.93	
Carbohydrate, by difference	g	6.66		0	NC	4		9.65	7.52	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	1.85		0	NR	4		2.68	2.09	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)		0.29	0.033	3	A	1		0.42	0.33	
Fructose		0.00	0.000	3	A	1		0.00	0.00	
Lactose		1.56	0.420	3	A	1		2.26	1.76	
Maltose		0.00	0.000	3	A	1		0.00	0.00	
Galactose										
Starch										
Minerals:										
Calcium, Ca	mg	86		2	A	1		124	97	
Iron, Fe	mg	0.15	0.000	3	A	1		0.21	0.17	
Magnesium, Mg	mg	11	0.667	3	A	1		16	13	
Phosphorus, P	mg	190	26.458	3	A	1		276	215	
Potassium, K	<u>mg</u>	137	6.667	3	A	1		198	154	
Sodium, Na	mg	372		0	NR	4		539	420	
Zinc, Zn	mg	0.47	0.035	3	A	1		0.69	0.53	
Copper, Cu	mg	0.030	0.000	3	A	1		0.043	0.034	
Manganese, Mn		0.022	0.014	3	A	1		0.031	0.024	
Selenium, Se	µg	9.4	1.325	3	A	1		13.7	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	-	0.023	0.004	3	A	1		0.033	0.026	
Riboflavin	mg	0.226	0.004	3	A	1		0.328	0.256	
Niacin	mg	0.144	0.013	3	A	1		0.209	0.163	
Pantothenic acid	mg	0.446	0.023	3	A	1		0.647	0.504	
Vitamin B-6	mg	0.016	0.000	3	A	1		0.023	0.018	
Folate, total		9	1.491	3	A	1		12	10	
Folic acid		0		0	Z	7		0	0	
Folate, food		9	1.491	3	A	1		12	10	
Folate, DFE	· -	9		0	NC	4		12	10	
Choline, total	• • • • • • • • • • • • • • • • • • • •	17.9		0	AS	1		25.9	20.2	
Betaine	• • • • • • • • • • • • • • • • • • • •	0.9	_	1	A	1		1.3	1.0	
Vitamin B-12		0.46	0.072	3	A	1		0.67	0.52	
Vitamin B-12, added	· -	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		2		0	NC	4		3	3	
Retinol		2		0	BFFN	4		3	3	
Carotene, beta		0		0	z	7		0	0	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		8		0	NC	4		12	9	
Lycopene		0		0	z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01	0.000	3	A	1		0.02	0.02	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma		0.01	0.007	3	A	1		0.02	0.01	
Tocopherol, delta		0.00 0.00	0.000	3	A A	1 1		0.00	0.00	
Tocotrienol, alpha			0.000						0.00	

	<u>A</u> 1	Amount in 100 grams of edible portion							Amount in edible portion of common			
				Num	ber				<u>m e</u>	easures of foo	<u>d</u>	
							Source	Confidence				
Nutrients and Units	Mean	Std	. Error	Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.			000	3	A	1		0.00	0.00		
Tocotrienol, deltamg	0.		0.0	000	3	A	1		0.00	0.00		
Vitamin D (D2 + D3)	0.	D			0	Z	7		0.0	0.0		
Vitamin D2 (ergocalciferol)µg												
Vitamin D3 (cholecalciferol)µg Vitamin D	0				0	z	7		0	0		
Vitamin K (phylloquinone)	0.	0	0.0	000	3	A	1		0.0	0.0		
Dihydrophylloquinone	0.			000	3	A	1		0.0	0.0		
Menaquinone-4												
Lipids:												
Fatty acids, total saturatedg	0.:	169			0	NC	4		0.245	0.191		
4:0g		007			0	BFFN	4		0.011	0.008		
6:0g		002			0	BFFN	4		0.002	0.002		
8:0g	0.	005	0.0	001	7		1		0.007	0.006		
10:0g	0.	009	0.0	001	7		1		0.013	0.010		
12:0g	0.	006	0.0	001	7		1		0.009	0.007		
13:0g												
14:0g	0.	020	0.0	000	3	A	1		0.029	0.022		
15:0g	0.	000	0.0	000	3	A	1		0.000	0.000		
16:0g	0.	070	0.0	000	3	A	1		0.102	0.079		
17:0g	0.	000	0.0	000	3	A	1		0.000	0.000		
18:0g	0.	050	0.0	006	3	A	1		0.072	0.056		
20:0g	0.	000	0.0	000	3	A	1		0.000	0.000		
22:0g	0.	000	0.0	000	3	A	1		0.000	0.000		
24:0g	0.	000	0.0	000	3	A	1		0.000	0.000		
Fatty acids, total monounsaturatedg	0.	079			0	NC	4		0.114	0.089		
14:1g												
15:1g												
16:1 undifferentiatedg		012		002	7		1		0.017	0.014		
17:1g		000		000	3	A	1		0.000	0.000		
18:1 undifferentiated		067		003	3	A	1 1		0.097	0.075		
20:1		000		000	3	A A	1		0.000	0.000		
22:1 undifferentiatedg 24:1 cg		000		000	3	A	1		0.000	0.000 0.000		
Fatty acids, total polyunsaturatedg		003	0.0	500	0	NC	4		0.005	0.004		
18:2 undifferentiatedg		003	0 (003	3	A	1		0.005	0.004		
18:3 undifferentiated		000		000	3	A	1		0.000	0.000		
18:4g		000		000	3	A	1		0.000	0.000		
20:2 n-6 c,cg		000		000	3	A	1		0.000	0.000		
20:3 undifferentiatedg		000		000	3	A	1		0.000	0.000		
20:4 undifferentiatedg		000		000	3	A	1		0.000	0.000		
20:5 n-3 (EPA)g		000		000	3	A	1		0.000	0.000		
21:5g		000		000	3	A	1		0.000	0.000		
22:4g		000		000	3	A	1		0.000	0.000		
22:5 n-3 (DPA)g		000		000	3	A	1		0.000	0.000		
22:6 n-3 (DHA)g	0.	000	0.0	000	3	A	1		0.000	0.000		
Fatty acids, total trans												
Cholesterolmg	7		0.2	285	3	A	1		10	8		
Phytosterolsmg												
Amino Acids:												
Tryptophang	0.:	137			0	A	1		0.198	0.154		
Threonine9		465			0	A	1		0.674	0.525		
Isoleucine		549			0	A	1		0.796	0.621		
Leucineg		037			0	A	1		1.504	1.172		
Lysineg		868			0	A	1		1.259	0.981		
Methionineg	0.	250			0	A	1		0.363	0.283		
Cystineg	0.	061			0	A	1		0.089	0.069		
Phenylalanineg	0.	536			0	A	1		0.778	0.606		
Tyrosineg	0.	561			0	A	1		0.814	0.634		
Valineg	0.	695			0	A	1		1.008	0.785		
Arginineg	0.	462			0	A	1		0.670	0.522		
Histidineg		303			0	A	1		0.439	0.342		
Alanineg	0.	357			0	A	1		0.518	0.403		

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Er			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Associated a	0.841	0	A	1		1.219	0.950	
Aspartic acid	2.419	0	A	1		3.507	2.733	
Glycine9	0.206	0	A	1		0.299	0.233	
Prolineg	1.142	0	A	1		1.656	1.291	
Serineg	0.594	0	A	1		0.861	0.671	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 145g: 1 cup (not packed)

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Nutrients and Units			<u>Am</u>	ount in 10	00 grams	of edil	ble portio	<u>n</u>	Amount in e	dible portion	of common
Nutrients and Units					Number				m	easures of foo	od
Nutrients and Units							Source (Confidence			
Water	Nutrients and Un	its	Mean	Std. Error					Measure 1	Measure 2	Measure
Witer											
Exergy		ď	80.3	0	0		1		90.74	181 48	
Energy				•							
Pecein					-						
Trad Iprid (fay)				0	-						
Anh											
Carbehydrate, by difference.	1 ' '	_			-	Dλ					
Fiber, 10ad deletary		-			-						
Signare, coal	• •										
					-		=				
Minerals:	•		0.3	,	U	KA	4		0.41	0.83	
Calcium Ca.		9									
Inn. Fe.		ma	56		n		1		63	127	
Magnesium Mg mg 4 0 1 5 9 Probaybrum, P mg 86 0 1 145 28 Potassium, K mg 86 0 1 455 91 Solium, Na mg 0.29 0 4 0.33 0.66 Copper, Cu mg 0.29 0 4 0.33 0.66 Copper, Cu mg 0.22 0 Embrace 4 0.33 0.66 Selenium, Sc mg 0.22 0 Embrace 4 0.33 0.66 Selenium, Sc mg 0.45 0 BFN 4 0.32 0.663 Witamin Sc mg 4.5 0 BFN 4 4.5 9.0 Vitamin M. mg 0.130 0 1 4 4.5 9.0 Vitamin B. mg 0.100 0.100 4 0.113 0.22 Patucheni		_		0							
Phosphank P.	,	• • • • • • • • • • • • • • • • • • • •		-							
Potestim, K.											
Sodium, Na.	•				-						
Zinc, Zn	, , , , , , , , , , , , , , , , , , , ,	•									
Copper, Cu. Mg 0.028 0 4 0.032 0.063 Manganese, Mn. Mg 4.5 0 BFNN 4 5.1 10.2 //Itamines.		_		9	0		4				
Mangance, Mm.			0.0	28	0		4		0.032	0.063	
Selenium Se	• •										
Vitamin C, total ascorbic acid	2	_	4.5		0	BFNN	4		5.1	10.2	
Vitamin C, total ascorbic acid	Vitamina										
Thismin. Mg 0.010 0 1 0.011 0.023 Riboflavin. Mg 0.130 0 4 0.147 0.294 Riboflavin. Mg 0.100 0 4 0.147 0.294 Patorhenic acid. Mg 0 0 4 0.057 0.113 Folate, footal. Mg 1.7 0 RA 4 19 38 Folate, footal. Mg 17 0 RA 4 19 38 Folate, footd. Mg 17 0 RA 4 19 38 Folate, footd. Mg 17 0 RA 4 19 38 Folate, footd. Mg 17 0 RC 4 19 38 Folate, footd. Mg 17 0 RC 4 19 38 Folate, footd. Mg 17 0 RC 4 19 38 <t< td=""><td></td><td>ma</td><td>4.0</td><td></td><td>•</td><td></td><td>-</td><td></td><td>4 5</td><td>0.0</td><td></td></t<>		ma	4.0		•		-		4 5	0.0	
Riboflavin Mg 0.130 0 4 0.147 0.294 Niacin Mg 0.100 0 4 0.113 0.226 Pattoflenic acid Mg 100 0 4 0.057 0.113 Folate, Incol. Mg 1,050 0 RA 4 0.057 0.113 Foliate, Incol. Mg 1,7 0 RA 4 1.9 38 Foliate, Food Mg 1,7 0 RA 4 1.9 38 Foliate, Food Mg 1,7 0 RA 4 1.9 38 Folate, DFE Mg 1,7 0 RA 4 1.9 38 Choline, total Mg 1,75 0 BFZN 4 1.9 38 Choline, total Mg 0.49 0 W 4 0.55 1.11 Vitamin B-12 Mg 0.49 0.9 4 0.55 1.11	,	_									
Niacin mg 0.100 0 4 0.113 0.226 Pantothenic acid. mg 0.050 0 4 0.057 0.113 Folate, fodal. µg 17 0 RA 4 19 38 Folate, food. µg 17 0 RA 4 19 38 Folate, food. µg 17 0 NC 4 19 38 Folate, food. µg 17 0 NC 4 19 38 Folate, DFE µg 17 0 NC 4 19 38 Folate, DFE µg 17 0 NC 4 19 38 Folate, DFE µg 0 17 0 NC 4 19 38 Folate, DFE µg 0 44 0 0.55 1.11 Witamin B-12 µg 0 0 Z 7 0.00 0.00		_									
Pamothenic acid		_					=				
Vitamin B-6. Mg 1 0 0.050 0 4 0.057 0.113 Folate, total JR 17 0 RA 4 19 38 Folicacid. JP 0 RA 4 0 0 Folate, food. JP 17 0 RA 4 19 38 Folate, DFE. JP 17 0 NC 4 19 38 Folate, DFE. JP 17.5 0 BFZN 4 19 38 Folate, DFE. JP 17.5 0 BFZN 4 19.8 39.6 Betaine. JP 0.49 0 V 4 19.8 39.6 Betaine. JP 0.00 0 Z 7 0.00 0.00 Vitamin B-12. JP 0.00 0 Z 7 0.00 0.00 Vitamin A, RAE JP 14 0 RA 4 160 320		_	0.1	00	U		4		0.113	0.226	
Folate, total. µg 17 0 RA 4 19 38 Foliac ciod. µg 10 0 RA 4 0 0 Folate, Cod. µg 17 0 RA 4 19 38 Folate, DFE. µg 17 0 NC 4 19 38 Choline, total mg 17.5 0 BFZN 4 19.8 39.6 Betaine. mg 17.5 0 BFZN 4 19.8 39.6 Betaine. mg 0 0 BFZN 4 19.8 39.6 Betaine. mg 19 0.49 0 4 0.55 1.11 Vitamin B-12. µg 0.00 0 Z 7 0.00 0.00 Vitamin B-12, added. µg 41 0 RA 4 46 92 Carotene, beta. µg 142 0 RA 4		• • • • • • • • • • • • • • • • • • • •	0.0	E0	0		4		0.057	0 112	
Folic acid. µg 0 RA 4 0 0 Folate, fod. µg 17 0 RA 4 19 38 Folate, DFE. µg 17 0 NC 4 19 38 Choline, total. mg 17.5 0 BFZN 4 19.8 39.6 Betaine. mg 17.5 0 BFZN 4 19.8 39.6 Betaine. mg 0 0 2 7 0.00 0.00 Vitamin B-12. µg 0.49 0 2 7 0.00 0.00 Vitamin A, PaE µg 0.00 0 RA 4 46 92 Carotene, beta. µg 41 0 RA 4 46 92 Carotene, alpha µg 0 RA 4 0 0 0 Cytoptoxanthin, beta µg 0 RA 4 0 0		_		50		Dλ					
Folate, food. J.	· · · · · · · · · · · · · · · · · · ·										
Folate, DFE											
Choline, total	<i>'</i>										
Betaine											
Vitamin B-12. µg 0.49 0 4 0.55 1.11 Vitamin B-12, added. µg 0.00 0 z 7 0.00 0.00 Vitamin A, RAE. µg 53 0 NC 4 59 119 Retinol. µg 41 0 RA 4 46 92 Carotene, beta. µg 142 0 RA 4 160 320 Carotene, alpha. µg 0 0 RA 4 0 0 Carotene, alpha. µg 0 0 RA 4 0 0 Carotene, alpha. µg 0 0 RA 4 0 0 Carotene, alpha. µg 0 0 RA 4 0 0 Vitamin F. (alpha- Cecopherol. µg 0 0 RA 4 0 0 0 Vitamin E. (alpha- Cecopherol). mg 0 0 RA	· · · · · · · · · · · · · · · · · · ·		17.5		U	DF ZIN	-		19.0	39.0	
Vitamin B-12, added		_	0.4	۵	0		4		0.55	1 11	
Vitamin A, RAE µg 53 0 NC 4 59 119 Retinol µg 41 0 RA 4 46 92 Carotene, beta µg 142 0 RA 4 160 320 Carotene, alpha µg 0 0 RA 4 0 0 Cryptoxanthin, beta µg 0 0 RA 4 0 0 Vitamin A, IU JU 372 0 NC 4 421 841 Lycopene µg 0 0 RA 4 0 0 Lutein + zeaxanthin µg 16 0 RA 4 18 36 Vitamin E, added mg 0.00 0 RA 4 0.05 0.11 Tocopherol, beta mg 0 0 z 7 0.00 0.00 Tocotrienol, alpha mg 0 0 z 7						7					
Retinol. µg 41 0 RA 4 46 92 Carotene, beta. µg 142 0 RA 4 160 320 Carotene, alpha. µg 0 0 RA 4 0 0 Caryptoxanthin, beta. µg 0 0 RA 4 0 0 Vitamin A, IU. JU 372 0 NC 4 421 841 Lycopene. µg 0 0 RA 4 0 0 0 Lutein + zeaxanthin. µg 16 0 RA 4 18 36 Vitamin E (alpha-tocopherol). mg 0.05 0 RA 4 0.05 0.11 Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta. mg 0 z z 7 0.0 0 0 Tocotrienol, alpha. mg 0 <td>,</td> <td></td> <td></td> <td>O</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	,			O							
Carotene, beta					0		∓ ∆				
Carotene, alpha µg 0 0 RA 4 0 0 Cryptoxanthin, beta µg 0 0 RA 4 0 0 Vitamin A, IU "U 372 0 NC 4 421 841 Lycopene "µg 0 0 RA 4 0 0 Lutein + zeaxanthin "µg 16 0 RA 4 18 36 Vitamin E, alpha-tocopherol) "mg 0 0.05 0 RA 4 0.05 0.11 Vitamin E, added "mg 0 0.00 0 z 7 0.00 0.00 Tocopherol, beta "mg 0 0 z 7 0 0 0.00 Tocopherol, gamma "mg 0 0 z 7 0 0 0 Tocotrienol, gamma "mg 0 0 z 7 0 0 0 Vitam					0		4				
Cryptoxanthin, beta. µg 0 RA 4 0 0 Vitamin A, IU											
Vitamin A, IU. IV 372 0 NC 4 421 841 Lycopene. µg 0 0 RA 4 0 0 Lutein + zeaxanthin. µg 16 0 RA 4 18 36 Vitamin E (alpha-tocopherol). mg 0.05 0 RA 4 0.05 0.11 Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta. mg 0.00 z 7 0.00 0.00 Tocotrienol, alpha. mg 0 z	• •				-						
Lycopene. µg 0 0 RA 4 0 0 Lutein + zeaxanthin µg 16 0 RA 4 18 36 Vitamin E (alpha-tocopherol) mg 0.05 0 RA 4 0.05 0.11 Vitamin E, added mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta mg 0 0 z 7 0.00 0.00 Tocopherol, delta mg 0 0 z 7 0 0 0 Tocotrienol, alpha mg 0 0 z 7 0					-						
Lutein + zeaxanthin. µg 16 0 RA 4 18 36 Vitamin E (alpha-tocopherol) mg 0.05 0 RA 4 0.05 0.11 Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta. mg 0 z 7 0.00 0.00 Tocopherol, delta. mg 0 z 7 0 0 Tocotrienol, alpha. mg 0 z 7 0 0 Tocotrienol, gamma. mg 0 z 7 0 0 Tocotrienol, delta. mg 0 z 7 0 0 Vitamin D (D2 + D3). µg 0 0 z 7 0 0 Vitamin K (phylloquinone). µg 11.0 0 RA 4 12.4 24.8					-						
Vitamin E (alpha-tocopherol) Mg 0.05 0 RA 4 0.05 0.11 Vitamin E, added mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta mg	, ,				-						
Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta. mg				-							
Tocopherol, beta											
Tocopherol, gamma			0.0	U	U	z	1		0.00	0.00	
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, betamg Tocotrienol, gammamg Tocotrienol, gammamg Tocotrienol, deltamg Vitamin D (D2 + D3)µg 0.0 0 z 7 0.0 0.0 Vitamin D		_									
Tocotrienol, gamma											
Tocotrienol, deltamg Vitamin D (D2 + D3)µg 0.0 0 z 7 0.0 0.0 Vitamin D		_									
Vitamin D (D2 + D3)	=										
Vitamin D IU 0 0 z 7 0 0 Vitamin K (phylloquinone) µg 11.0 0 RA 4 12.4 24.8			^ ^		•	_	-		2 2	2 2	
Vitamin K (phylloquinone)											
11 (pr) noquinone)										-	
Liny/droppy/Loguinone III			11.0		0	RA	4		12.4	24.8	
Menaquinone-4	Dihydrophylloquinone										

	<u>Ar</u>	noun	t in 10	0 grams	of edi	Amount in edible portion of common					
					Num ber					easures of foo	
							Source C	Confidence			<u> </u>
Nutrients and Units		Mean	Std	Frror	Points		Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and onits		Weari	Ota						weasure r	Wedsure 2	measure 5
Lipids:											
Fatty acids, total saturated	g	2.6	546		0		4		2.990	5.980	
4:0	•	0.1			0		4		0.147	0.294	
6:0		0.0			0		4 4		0.032	0.063	
8:0		0.0			0		4		0.042 0.084	0.084 0.167	
12:0		0.0			0		4		0.034	0.147	
13:0	-				•		-		0.07.5	*****	
14:0	-	0.4	136		0		4		0.493	0.985	
15:0	g										
16:0	-	1.2	264		0		4		1.428	2.857	
17:0	-	_									
18:0		0.4	182		0		4		0.545	1.089	
20:0 22:0											
24:0	-										
Fatty acids, total monounsaturated	-	1.1	.89		0		4		1.344	2.687	
14:1	g										
15:1											
16:1 undifferentiated		0.1	148		0		4		0.167	0.334	
17:1		0.9			0		4		1 112	2 226	
18:1 undifferentiated 20:1		0.9			0		4		1.113	2.226 0.000	
22:1 undifferentiated		0.0			0		4		0.000	0.000	
24:1 c	-		, , ,		•		-		0.000	0.000	
Fatty acids, total polyunsaturated		0.1	40		0		4		0.158	0.316	
18:2 undifferentiated	g	0.1	103		0		4		0.116	0.233	
18:3 undifferentiated		0.0			0		4		0.042	0.084	
18:4	-	0.0	000		0		4		0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated	-	0.0	000		0		4		0.000	0.000	
20:5 n-3 (EPA)		0.0			0		4		0.000	0.000	
21:5											
22:4	g										
22:5 n-3 (DPA)	-	0.0			0		4		0.000	0.000	
22:6 n-3 (DHA)	-	0.0	000		0		4		0.000	0.000	
Fatty acids, total trans Cholesterol		14			0	RA	4		16	32	
Phytosterols		0			0	RA RA	4		1	1	
,	9	·			•		-		-	-	
Amino Acids:											
Tryptophan		0.1			0	RA	4 4		0.151	0.303 1.204	
ThreonineIsoleucine		0.5			0	RA RA	4		0.602 0.796	1.592	
Leucine		1.2			0	RA	4		1.389	2.779	
Lysine	-	0.9			0	RA	4		1.093	2.187	
Methionine		0.3	359		0	RA	4		0.406	0.811	
Cystine	g	0.1	10		0	RA	4		0.125	0.249	
Phenylalanine		0.6			0	RA	4		0.728	1.457	
Tyrosine		0.6			0	RA	4		0.720	1.441	
Valine		0.5			0	RA RA	4 4		0.838 0.625	1.676 1.251	
Arginine Histidine		0.3			0	RA RA	4		0.449	0.897	
Alanine	-	0.6			0	RA	4		0.704	1.408	
Aspartic acid	-	0.8			0	RA	4		0.925	1.851	
Glutamic acid		2.6	505		0	RA	4		2.943	5.886	
Glycine	g	0.2	267		0	RA	4		0.301	0.602	
Proline	-	1.3			0	RA	4		1.566	3.131	
Serine	-	0.6	73		0	RA	4		0.761	1.522	
Hydroxyproline	g										
Others:											
Alcohol, ethyl	-	0.0)		0		7		0.0	0.0	
Caffeine	mg	0			0	RA	4		0	0	

NDB No. 43273

Cheese, cottage, with vegetables

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz Measure 2 = 226g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am oui</u>	nt in 100 gr	am s	of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Nun	nber				measures of food			
						Source	Confidence				
Nutrients and Ur	nits	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	F2 62	0 427	11		-		7.63	100.00	F 26	
Water Energy	-	52.62 350	0.427	11 0	A NC	1 4		7.63 51	122.09 813	5.26 35	
		1466		0	NC	4		213	3401	147	
Energy Protein (N x 6.38)		6.15	0.080	11	A A	1		0.89	14.27	0.62	
Total lipid (fat)		34.44	0.060	11	A	1		4.99	79.91	3.44	
Ash		1.27	0.281		A	1		0.18	2.94	0.13	
Carbohydrate, by difference	-	5.52	0.037	0	NC	4		0.80	12.80	0.13	
Fiber, total dietary		0.0		0	NC	4		0.0	0.0	0.0	
Sugars, total		3.76	0.108	4	A	1		0.54	8.71	0.38	
<u> </u>		0.00	0.000	4	A	1		0.00	0.00	0.00	
Sucrose		0.00	0.000	4	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000	4	A	1		0.00	0.00	0.00	
Fructose	9	3.76	0.000	4	A	1		0.54	8.71	0.38	
Lactose		0.00		4		1					
Maltose	9	0.00	0.000	4	A	1		0.00	0.00	0.00	
Galactose			0.000		A			0.00	0.00	0.00	
Starch	9	0.35		2	A	1		0.05	0.81	0.04	
Minerals:					_	_					
Calcium, Ca	_	97		11	A	1		14	224	10	
Iron, Fe		0.11 9	0.007	11	A	1 1		0.02	0.25	0.01 1	
Magnesium, Mg			0.357	12 12	A A	1		1 15	22 248	1 11	
Phosphorus, P Potassium, K		107 132	1.912 5.695	11	A	1		19	248 307	13	
Sodium, Na	_	314		12	A	1		46	729	31	
Zinc, Zn	_	0.50	0.016	12	A	1		0.07	1.16	0.05	
Copper, Cu		0.018	0.000	12	A	1		0.003	0.042	0.00	
Manganese, Mn		0.010	0.000	12	A	1		0.003	0.025	0.00	
Selenium, Se		8.6	0.479	6	A	1		1.2	19.9	0.9	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0	
Thiamin	mg	0.023	0.002	6	A	1		0.003	0.054	0.00	
Riboflavin	mg	0.230	0.006	6	A	1		0.033	0.533	0.02	
Niacin	mg	0.091	0.008	6	A	1		0.013	0.210	0.00	
Pantothenic acid	mg	0.517	0.012	4	A	1		0.075	1.200	0.05	
Vitamin B-6	mg	0.056	0.002	6	A	1		0.008	0.129	0.00	
Folate, total	µg	9		2	A	1		1	22	1	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	9		2	A	1		1	22	1	
Folate, DFE	µg	9		0	NC	4		1	22	1	
Choline, total	mg	27.2		0	AS	1		3.9	63.1	2.7	
Betaine	_	0.7		1	A	1		0.1	1.7	0.1	
Vitamin B-12		0.22	0.027	6	A	1		0.03	0.51	0.02	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	308		0	AS	1		45	715	31	
Retinol		303	34.717	4	A	1		44	703	30	
Carotene, beta		59	4.760	4	A	1		9	138	6	
Carotene, alpha		1	0.215	4	A	1		0	2	0	
Cryptoxanthin, beta		2	0.134	4	A	1		0	5	0	
Vitamin A, IU		1111		0	AS	1		161	2578	111	
Lycopene		0	0.000	4	A	1		0	0	0	
Lutein + zeaxanthin		7	0.007	4	A	1		1	17	1	
Vitamin E (alpha-tocopherol)		0.86	0.070	6	A	1		0.12	1.99	0.09	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00	0.000	6	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.41	0.044	6	A	1		0.06	0.95	0.04	
Tocopherol, delta		0.00	0.000	6	A	1		0.00	0.00	0.00	
Tocotrienol, alpha	ma	0.04	0.008	6	A	1		0.01	0.09	0.00	

	<u>Ar</u>	nount in 10	0 gram	s of edi	ble portion		Amount in e	edible portion o	of common
			Nium bu					easures of foo	
			Num be		Source Co	nfidonco	<u></u>	<u> </u>	<u>. u</u>
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weall	3tu. 🗀 101	. 0	0 0000	0000	0000	Weasure i	Measure 2	weasure 5
Tocotrienol, gamma	mg 0.0	00 0.	000 6	A	1		0.00	0.00	0.00
Tocotrienol, delta			000 6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	-)	2	AS	1		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	μg 0. 0)	2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	μg 0. 0)	2	A	1		0.0	0.0	0.0
Vitamin D	<u>I</u> Ų 0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	μg 2. 1	L	2		1		0.3	5.0	0.2
Dihydrophylloquinone			2		1		0.0	0.0	0.0
Menaquinone-4	µg 8.7	7	2	A	1		1.3	20.3	0.9
Lipids:									
Fatty acids, total saturated	g 20.2	213	0	NC	4		2.931	46.893	2.021
4:0	g 0.7	718 0.0	006 11	. A	1		0.104	1.665	0.072
6:0	g 0.5	592 0.	004 11	. А	1		0.086	1.374	0.059
8:0	-		003 11		1		0.053	0.850	0.037
10:0	g 0. 8		008 11		1		0.126	2.014	0.087
12:0	-	0.0	009 11	. А	1		0.146	2.330	0.100
13:0	•								
14:0	-		029 11		1		0.475	7.598	0.327
15:0	-		004 11		1		0.050	0.799	0.034
16:0	-		132 11		1		1.364	21.820	0.941
17:0	=		002 11		1		0.030	0.481	0.021
18:0	-		055 11		1		0.488	7.807	0.337
20:0	-		001 11		1		0.007	0.104	0.004
22:0	-		000 11		1		0.002	0.033	0.001
24:0	=		000 11		1		0.001	0.020	0.001
Fatty acids, total monounsaturated			0		4		1.292	20.664	0.891
14:1	•		005 11		1		0.050	0.803	0.035
15:1			000 11		1		0.000	0.000	0.000
16:1 undifferentiated			011 11		1		0.094	1.510	0.065
16:1 c			012 11		1		0.079	1.258	0.054
16:1 t	-		002 11		1		0.016	0.251	0.011
17:1	-		001 11		1		0.010	0.157	0.007
18:1 undifferentiated	•		082 11 072 11		1 1		1.128	18.041	0.778 0.694
18:1 c			072 11 013 11		1		1.006 0.121	16.101 1.940	0.084
18:1 t 18:1-11 t (18:1t n-7)	•	36 0.	013 11	. А	1		0.121	1.940	0.004
20:1		064 0	001 11	. A	1		0.009	0.148	0.006
20:1 undifferentiated	-		001 11		1		0.009	0.148	0.000
22:1 c	=		000 11		1		0.000	0.005	0.000
22:1 t	0		000 11		1		0.000	0.000	0.000
24:1 c	•		000 11		1		0.000	0.001	0.000
Fatty acids, total polyunsaturated	•		0	NC	4		0.215	3.440	0.148
18:2 undifferentiated			014 11		1		0.176	2.812	0.121
18:2 n-6 c,c	•		011 11		1		0.117	1.873	0.081
18:2 CLAs	•		004 11		1		0.026	0.418	0.018
18:2 t.t.	•								****
18:2 i	•								
18:2 t not further defined	g 0.2	225 0.	004 11	. A	1		0.033	0.522	0.022
18:3 undifferentiated	-	L31 0.	002 11	AS	1		0.019	0.304	0.013
18:3 n-3 c,c,c (ALA)	g 0.1	L25 0.	002 11	. A	1		0.018	0.290	0.013
18:3 n-6 c,c,c		002 0.	000 11	. A	1		0.000	0.005	0.000
18:3i	g 0.0	004 0.	000 11	. A	1		0.001	0.009	0.000
18:4	g 0.0	001 0.	001 11	. A	1		0.000	0.002	0.000
20:2 n-6 c,c	g 0.0	007 0.	000 11	. А	1		0.001	0.016	0.001
20:3 undifferentiated	g 0.0	0.0	001 11	. AS	1		0.006	0.090	0.004
20:3 n-3	g 0.0	002 0.	000 11	. А	1		0.000	0.006	0.000
20:3 n-6	g 0.0	0.0	001 11	. А	1		0.005	0.085	0.004
20:4 undifferentiated	g 0.0	0.53	001 11	. A	1		0.008	0.122	0.005
20:4 n-6	g								
20:5 n-3 (EPA)		010 0.	000 11	. А	1		0.001	0.023	0.001
21:5									
22:4	-		000 11		1		0.001	0.019	0.001
22:5 n-3 (DPA)	g 0.0	0.0	000 11	. А	1		0.003	0.046	0.002

	<u>Am oun</u>	in 100 gr Nur	<u>ram s</u> n be r		o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.	of Error Po			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)	0.000	0.000	11	A	1		0.000	0.000	0.000
Fatty acids, total trans-monoenoic9 Fatty acids, total trans-polyenoic9 Cholesterolmg Phytosterolsmg	0.229 101	1.063	0 5	NC A	4 1		0.033 15	0.531 235	0.023 10
Amino Acids:									
Tryptophang	0.069		0	A	1		0.010	0.159	0.007
Threonineg	0.233		0	A	1		0.034	0.540	0.023
Isoleucineg	0.324		0	A	1		0.047	0.753	0.032
Leucineg	0.657		0	A	1		0.095	1.524	0.066
Lysineg	0.567		0	A	1		0.082	1.316	0.057
Methionineg	0.191		0	A	1		0.028	0.443	0.019
Cystineg	0.042		0	A	1		0.006	0.097	0.004
Phenylalanineg	0.291		0	A	1		0.042	0.674	0.029
Tyrosineg	0.303		0	A	1		0.044	0.704	0.030
Valineg	0.395		0	A	1		0.057	0.916	0.039
Arginineg	0.235		0	A	1		0.034	0.546	0.024
Histidineg	0.175		0	A	1		0.025	0.407	0.018
Alanineg	0.184		0	A	1		0.027	0.426	0.018
Aspartic acidg	0.514		0	A	1		0.075	1.194	0.051
Glutamic acidg	1.304		0	A	1		0.189	3.026	0.130
Glycineg	0.142		0	A	1		0.021	0.328	0.014
Prolineg	0.665		0	A	1		0.096	1.544	0.067
Serineg	0.374		0	A	1		0.054	0.868	0.037
Hydroxyprolineg	0.000		2	A	1		0.000	0.000	0.000
Others:					_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 14.5g: 1 tbsp

Measure 2 = 232g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100 g	grams	of edil	ole porti	<u>on</u>	Amount in edible portion of common			
			Nı	ım ber				measures of food			
						Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	а	71.87		2	A	1		12.94			
Energy	-	105		0	NC	4		19			
Energy		441		0	NC	4		79			
Protein (N x 6.38)		15.69		2	A.	1		2.83			
		1.00		2	A	1		0.18			
Total lipid (fat)		3.77		2	A	1		0.18			
Carbohydrate, by difference	-	7.66		0	NC	4		1.38			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total		5.48		2	A	1		0.99			
		0.64		2	A	1		0.12			
Sucrose		0.00		2	A	1		0.00			
Glucose (dextrose)		0.00		2	A	1		0.00			
Fructose	9			2	A	1					
Lactose		4.84 0.00		2	A A	1		0.87 0.00			
Maltose	<u>9</u>			2		1					
Galactose		0.00		2	A	1		0.00			
Starch	g	1.05		2	A	1		0.19			
Minerals:											
Calcium, Ca	mg	351		2	A	1		63			
Iron, Fe	mg	0.19		2	A	1		0.03			
Magnesium, Mg	mg	22		2	A	1		4			
Phosphorus, P	mg	523		2	A	1		94			
Potassium, K	mg	278		2	A	1		50			
Sodium, Na	-	702		2	A	1		126			
Zinc, Zn	mg	1.50		2	A	1		0.27			
Copper, Cu		0.03		2	A	1		0.006			
Manganese, Mn		0.01	7	2	A	1		0.003			
Selenium, Se	µg	4.9		0	BFNN	4		0.9			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0			
Thiamin	mg	0.04	0	2	A	1		0.007			
Riboflavin	mg	0.26	5	2	A	1		0.048			
Niacin	mg	0.23	0	2	A	1		0.041			
Pantothenic acid	mg	0.84	0	2	A	1		0.151			
Vitamin B-6	mg	0.05	0	2	A	1		0.009			
Folate, total	µg	35		2	A	1		6			
Folic acid	µg	0		0	Z	7		0			
Folate, food	µg	35		2	A	1		6			
Folate, DFE	µg	35		0	NC	4		6			
Choline, total	mg	65.2		0	BFNN	4		11.7			
Betaine	_										
Vitamin B-12		0.95		2	A	1		0.17			
Vitamin B-12, added	µg	0.00		0	Z	7		0.00			
Vitamin A, RAE	µg	11		0	NC	4		2			
Retinol		10		0	BFFN	4		2			
Carotene, beta		11		2	A	1		2			
Carotene, alpha		0		2	A	1		0			
Cryptoxanthin, beta		0		2	A	1		0			
Vitamin A, IU		53		0	NC	4		10			
Lycopene		0		2	A	1		0			
Lutein + zeaxanthin		0		0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.02		2	A	1		0.00			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta		0.00		2	A	1		0.00			
Tocopherol, gamma		0.01		2	A	1		0.00			
Tocopherol, delta		0.00		2	A	1		0.00			
Tocotrienol, alpha	mq	0.00		2	A	1		0.00			

		Amc	ount in 10	00 grams	of edil	ole porti	<u>ion</u>	Amount in edible portion of common		
				Number				me	easures of foo	<u>d</u>
						Source	Confidence			
Nutrients and Units	Mea	n S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
				_	_					
Tocotrienol, gamma	0	0.00		2 2	A A	1 1		0.00		
Tocotrienol, delta		0.00		0	Z	7		0.00 0.0		
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)				U	4	,		0.0		
Vitamin D3 (cholecalciferol)										
Vitamin D)		0	z	7		0		
Vitamin K (phylloquinone)		0.2		2	A	1		0.0		
Dihydrophylloquinone		0.0		2	A	1		0.0		
Menaquinone-4	µg	0.1		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.644	4	0	NC	4		0.116		
4:0	g	0.056	5	2	A	1		0.010		
6:0	g	0.029	9	2	A	1		0.005		
8:0	g	0.041	L	2	A	1		0.007		
10:0	g	0.035	5	2	A	1		0.006		
12:0	g	0.025	5	2	A	1		0.005		
13:0	g									
14:0	-	0.083		2	A	1		0.015		
15:0	-	0.009		2	A	1		0.002		
16:0	•	0.242		2	A	1		0.043		
17:0	•	0.005		2	A	1		0.001		
18:0	-	0.115		2	A	1		0.021		
20:0		0.001		2	A	1		0.000		
22:0	-	0.002	2	2	A	1		0.000		
24:0				•						
Fatty acids, total monounsaturated		250		0	NC	4		0.045		
14:1	-	0.006		2	A	1		0.001		
15:1	•	0.000		2 2	A	1 1		0.000		
16:1 undifferentiated	•	0.011		2	A A	1		0.002 0.000		
17:1	-	0.000 0.233		2	A	1		0.042		
20:1	-	0.000		2	A	1		0.042		
22:1 undifferentiated	-	0.000		2	A	1		0.000		
24:1 c			•			-		0.000		
Fatty acids, total polyunsaturated		0.057	7	0	NC	4		0.010		
18:2 undifferentiated		0.042		2	A	1		0.008		
18:3 undifferentiated	•	0.006		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA)	•	0.006		2	A	1		0.001		
18:3 n-6 c,c,c		0.000		2	A	1		0.000		
18:3i										
18:4	-	0.000)	2	A	1		0.000		
20:2 n-6 c,c	g	0.000)	2	A	1		0.000		
20:3 undifferentiated	g	0.000)	2	A	1		0.000		
20:3 n-3	g									
20:3 n-6	g									
20:4 undifferentiated	g	0.002	2	2	A	1		0.000		
20:4 n-6	-									
20:5 n-3 (EPA)	-	0.000)	2	A	1		0.000		
21:5	-									
22:4	-					_				
22:5 n-3 (DPA)		0.001		2	A	1		0.000		
22:6 n-3 (DHA)		0.000	J	2	A	1		0.000		
Fatty acids, total trans	-	,		2	A	1		2		
CholesterolPhytosterols	0	4		4	A	1		2		
•	··· 9									
Amino Acids:	a ·	0.182	,	0	7	1		0 033		
Tryptophan Threonine	•	0.616		0	A A	1 1		0.033 0.111		
I nreonine	•	0.858		0	A	1		0.111		
Leucine	-	L.737		0	A	1		0.154		
Lysine	•	L.501		0	A	1		0.270		
Methionine	•	0.50		0	A	1		0.091		
Cystine	•	0.111		0	A	1		0.020		
- ,	-			-				-		

	Amount in 10		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Error		Deriv		Confidence Code		Measure 2	Measure 3
Phenylalanineg	0.769	0	A	1		0.138		
Tyrosineg	0.802	0	A	1		0.144		
Valineg	1.045	0	A	1		0.188		
Arginineg	0.622	0	A	1		0.112		
Histidineg	0.464	0	A	1		0.083		
Alanineg	0.486	0	A	1		0.087		
Aspartic acidg	1.361	0	A	1		0.245		
Glutamic acidg	3.450	0	A	1		0.621		
Glycineg	0.374	0	A	1		0.067		
Prolineg	1.760	0	A	1		0.317		
Serineg	0.990	0	A	1		0.178		
Hydroxyprolineg	0.030	2	A	1		0.005		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100 gr	ams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Num	ber					easures of foo		
					Deriv	Source (Confidence				
Nutrients and U	Jnits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	66.7	2	2	A	1		10.01	160.13	6.67	
Energy		201	_	0	NC	4		30	483	20	
Energy		843		0	NC	4		126	2023	84	
Protein		7.8	5	2	A	1		1.18	18.83	0.78	
Total lipid (fat)		15.2		2	A	1		2.29	36.66	1.53	
Ash		2.0		2	A	1		0.30	4.87	0.20	
Carbohydrate, by difference	_	8.1		0	NC	4		1.22	19.51	0.20	
Fiber, total dietary		0.0	3	0	NC	7		0.0	0.0	0.0	
•		5.8	2	2	A	1		0.87	13.97	0.58	
Sugars, total		0.0		2	A	1		0.00		0.00	
Sucrose				2		1			0.00		
Glucose (dextrose)		0.0		2	A	1		0.00	0.00	0.00	
Fructose	g	0.0			A			0.00	0.00	0.00	
Lactose		5.8		2	A	1		0.87	13.97	0.58	
Maltose	9	0.0		2	A	1		0.00	0.00	0.00	
Galactose		0.0		2	A	1		0.00	0.00	0.00	
Starch	g	1.3	5	2	A	1		0.20	3.24	0.14	
Minerals:											
Calcium, Ca	-	148		2	A	1		22	355	15	
Iron, Fe	_	0.1	7	2	A	1		0.03	0.40	0.02	
Magnesium, Mg		8		0		4		1	19	1	
Phosphorus, P		152		2	A	1		23	365	15	
Potassium, K	-	247		2	A	1		37	593	25	
Sodium, Na		359		0	NR	4		54	862	36	
Zinc, Zn		0.5		2	A	1		0.09	1.36	0.06	
Copper, Cu		0.0		2	A	1		0.005	0.077	0.003	
Manganese, Mn		0.03 4.0	11	2	A BFNN	1 4		0.002 0.6	0.026 9.6	0.003 0.4	
Selenium, Se	µg	4.0		U	DI NN	4		0.6	9.6	0.4	
Vitamins:	ma	0.0		2	A	1		0.0	0.0	0.0	
Vitamin C, total ascorbic acid	_	0.0	10	2	A	1		0.006	0.096	0.004	
Thiamin	_	0.0		2	A	1		0.008			
Riboflavin	_	0.1		2	A	1		0.028	0.444	0.018	
Pantothenic acid		0.8		2	A	1		0.019	0.300 2.028	0.012	
Vitamin B-6	•	0.0		2	A	1		0.127	0.108	0.004	
Folate, total		19	13	2	A	1		3	45	2	
Folic acid		0		0	BFZN	4		0	0	0	
Folate, food		19		2	A	1		3	45	2	
Folate, DFE	· -	19		0	NC	4		3	45	2	
Choline, total		12.1		0	BFFN	4		1.8	29.1	1.2	
Betaine		12.1		Ü	DEFIN	-		1.0	23.1	1.2	
Vitamin B-12	_	0.9	2	2	A	1		0.14	2.20	0.09	
Vitamin B-12, added		0.0		0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		161	•	0	NC	4		24	387	16	
Retinol		160		0	BFFN	4		24	384	16	
Carotene, beta		11		2	A	1		2	27	1	
Carotene, alpha		0		2	A	1		0	0	0	
Cryptoxanthin, beta		0		2	A	1		0	0	0	
Vitamin A, IU		552		0	NC	4		83	1326	55	
Lycopene		0		2	A	1		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.2	7	2	A	1		0.04	0.64	0.03	
Vitamin E, added		0.0		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.0		2	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.0		2	A	1		0.00	0.05	0.00	
Tocopherol, delta		0.0		2	A	1		0.00	0.00	0.00	
Tocotrienol, alpha		0.0		2	A	1		0.00	0.00	0.00	
i oconiciioi, aipiia	9	0.0		2		1		0.00	0.00	0.00	

	An	ount in 10	0 grams	of edil	ble porti	<u>on</u>	Amount in e	dible portion o	of common
			Number					easures of foo	
			of Data	Deriv		Confidence			_
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	0	2	A	1		0.00	0.00	0.00
Tocotrienol, delta	-		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	-		0	AS	1		0.0	0.7	0.0
Vitamin D2 (ergocalciferol)			•					0.5	0.0
Vitamin D3 (cholecalciferol) Vitamin D	-		0 0	BFFN BFFN	4 4		0.0 2	0.7 27	0.0 1
Vitamin K (phylloquinone)			2	A	1		0.2	2.5	0.1
Dihydrophylloquinone			2	A	1		0.0	0.0	0.0
Menaquinone-4			2	A	1		0.8	13.0	0.5
Lipids:									
Fatty acids, total saturated	9.0	98	0	NC	4		1.365	21.835	0.910
4:0		05	0		4		0.076	1.212	0.051
6:0		46	0		4		0.022	0.350	0.015
8:0	9 0.1	75	2	A	1		0.026	0.419	0.017
10:0	=		2	A	1		0.059	0.951	0.040
12:0		40	2	A	1		0.066	1.057	0.044
13:0	=	10	2		1		0 017	2 477	0 145
14:0	=		2	A A	1		0.217 0.022	3.477 0.350	0.145 0.015
16:0	•		2	A	1		0.600	9.596	0.400
17:0	=		2	A	1		0.012	0.193	0.008
18:0	-		2	A	1		0.261	4.171	0.174
20:0	=	24	2	A	1		0.004	0.056	0.002
22:0	0.0	00	2	A	1		0.000	0.000	0.000
24:0	9								
Fatty acids, total monounsaturated			0	NC	4		0.599	9.591	0.400
14:1			2	A	1		0.018	0.287	0.012
15:1	=		2	A	1		0.000	0.000	0.000
16:1 undifferentiated			2 2	A A	1 1		0.032	0.507	0.021 0.002
17:1			2	A	1		0.003 0.545	0.043 8.717	0.002
20:1			2	A	1		0.002	0.037	0.002
22:1 undifferentiated.	•		0		4		0.000	0.000	0.000
24:1 c									
Fatty acids, total polyunsaturated	g 0.6	58	0	NC	4		0.099	1.580	0.066
18:2 undifferentiatedQ	0.4	64	2	A	1		0.070	1.115	0.046
18:3 undifferentiated			0	AS	1		0.013	0.200	0.008
18:3 n-3 c,c,c (ALA)			2	A	1		0.013	0.200	0.008
18:3 n-6 c,c,c		00	2	A	1		0.000	0.000	0.000
18:3i	=	00	0		4		0.000	0.000	0.000
20:2 n-6 c.c	•		2	A	1		0.000	0.000	0.000
20:3 undifferentiated	•		2	A	1		0.000	0.000	0.000
20:3 n-3	-								
20:3 n-6	9								
20:4 undifferentiatedQ	g 0.0	27	2	A	1		0.004	0.065	0.003
20:4 n-6									
20:5 n-3 (EPA)		00	0		4		0.000	0.000	0.000
21:5									
22:5 n-3 (DPA)		00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)			0		4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterolr			2	A	1		8	130	5
Phytosterolsr	mg								
Amino Acids:									
TryptophanQ			0	A	1		0.014	0.218	0.009
Threonine			0	A	1		0.046	0.739	0.031
Isoleucine	=		0	A	1		0.064	1.030	0.043
Leucine			0	A A	1 1		0.130 0.113	2.085 1.801	0.087 0.075
Lysine			0	A A	1		0.113	0.606	0.075
Cystine	•		0	A	1		0.008	0.133	0.025
- y	,		-	==	_				

	Amount in 10	0 grams	of edi	ble portion	Amount in e	edible portion	of common_
		Number			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Error	of Data	Deriv	Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Phenylalanineg	0.384	0	A	1	0.058	0.923	0.038
Tyrosineg	0.401	0	A	1	0.060	0.963	0.040
Valineg	0.522	0	A	1	0.078	1.254	0.052
Arginineg	0.311	0	A	1	0.047	0.747	0.031
Histidineg	0.232	0	A	1	0.035	0.556	0.023
Alanineg	0.243	0	A	1	0.036	0.583	0.024
Aspartic acidg	0.680	0	A	1	0.102	1.633	0.068
Glutamic acidg	1.725	0	A	1	0.259	4.140	0.173
Glycineg	0.187	0	A	1	0.028	0.449	0.019
Prolineg	0.880	0	A	1	0.132	2.112	0.088
Serineg	0.495	0	A	1	0.074	1.188	0.049
Hydroxyprolineg	0.000	2	A	1	0.000	0.000	0.000
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	0.0
Caffeinemg	0	0	Z	7	0	0	0
Theobrominemg	0	0	Z	7	0	0	0

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 240g: 1 cup

Measure 3 = 10.0g: 1 tbsp, whipped

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	<u>unt in 100 g</u>	rams	of edi	<u>ble portio</u>	<u>n</u>	Amount in edible portion of common			
			Nin	m be	•				easures of fo		
						Source (Confidence				
Nutrients and Uni	ite	Mean S	td. Error Po				Code	Measure 1	Measure 2	Measure 3	
Nati lents and on		Mean 0	. ш. ш. от					incasare i	Micasure 2	weasure .	
Proximates:											
Water	g	42.17	1.057	6	A	1		40.90			
Energy	kcal	325		0	NC	4		316			
Energy	kJ	1361		0	NC	4		1320			
Protein		24.51	1.117	6	A	1		23.77			
Total lipid (fat)	g	24.35	0.424	6	A	1		23.62			
Ash	g	6.93	0.135	6	A	1		6.72			
Carbohydrate, by difference	g	2.04		0	NC	4		1.98			
Fiber, total dietary											
Sugars, total		0.55	0.199	6	A	1		0.54			
Sucrose		0.00	0.000	6	A	1		0.00			
Glucose (dextrose)		0.00	0.000		A	1		0.00			
Fructose (dextrose)		0.00	0.000		A	1		0.00			
		0.25	0.250		A	1		0.24			
Lactose		0.00	0.000		A	1		0.00			
Galactose		0.30	0.085		A	1		0.29			
Starch		0.50	0.003	·		-		0.23			
Starcii	9										
Minerals:											
Calcium, Ca	mg	661	53.541	. 6	A	1		641			
Iron, Fe	mg	0.18	0.009	6	A	1		0.18			
Magnesium, Mg	mg	27	2.276	6	A	1		26			
Phosphorus, P	mg	475	34.718	6	A	1		460			
Potassium, K	mg	116	4.445	6	A	1		112			
Sodium, Na	<u>mg</u>	1808	69.542	6	A	1		1754			
Zinc, Zn	mg	3.28	0.161	6	A	1		3.18			
Copper, Cu	mg	0.027	0.003	6	A	1		0.026			
Manganese, Mn	mg	0.018	0.000		A	1		0.017			
Selenium, Se	µg	22.4		2	A	1		21.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.038	0.005	6	A	1		0.037			
Riboflavin	mg	0.230	0.017	6	A	1		0.223			
Niacin	mg	0.083	0.014	6	A	1		0.081			
Pantothenic acid	mg	0.398	0.013	6	A	1		0.386			
Vitamin B-6	mg	0.091	0.008	6	A	1		0.088			
Folate, total	µg										
Folate, DFE	µg										
Choline, total	mg	18.4		0	AS	1		17.8			
Betaine	mg	0.4		1	A	1		0.3			
Vitamin B-12	µg	1.70	0.113	6	A	1		1.65			
Vitamin A, RAE	µg	226		0	AS	1		219			
Vitamin A, IU	JU	800		0	AS	1		776			
Lycopene	µg	0		2	A	1		0			
Lutein + zeaxanthin		4		2	A	1		3			
Vitamin E (alpha-tocopherol)	mg	0.49	0.023	6	A	1		0.47			
Tocopherol, beta	mg	0.00	0.002	6	A	1		0.00			
Tocopherol, gamma		0.04	0.002	6	A	1		0.04			
Tocopherol, delta		0.00	0.000	6	A	1		0.00			
Tocotrienol, alpha		0.06	0.049	6	A	1		0.06			
Tocotrienol, beta	mg	0.01	0.007	6	A	1		0.01			
Tocotrienol, gamma		0.10	0.085	6	A	1		0.09			
Tocotrienol, delta		0.03	0.028	6	A	1		0.03			
Vitamin D (D2 + D3)		1.8		0	AS	1		1.8			
Vitamin D2 (ergocalciferol)											
Vitamin D3 (cholecalciferol)		1.8		1	A	1		1.8			
Vitamin D		73		1	A	1		71			
Vitamin K (phylloquinone)		1.5		2	A	1		1.5			
Dihydrophylloquinone											

	<u>A</u> 1	mount in 10	00 gra	am s	of edil	Amount in edible portion of common				
			Num	hor					easures of foo	
					Doriv	Source C	onfidence			<u></u>
Nutrients and Units	Mean	Std. Erro					Code	Measure 1	Measure 2	Measure 3
Menaquinone-4	,g 5.	9		2	A	1		5.7		
Lipids:										
Fatty acids, total saturated				0	NC	4		13.306		
4:0	-		.023	6	A	1		0.492		
6:0	•		.017	6 6	A A	1 1		0.387		
8:0	•		.008 .020	6	A	1		0.245 0.568		
12:0			.023	6	A	1		0.642		
13:0	=									
14:0	g 2.	179 0	.078	6	A	1		2.114		
15:0	=		.009	6	A	1		0.221		
16:0	•		.154	6	A	1		5.912		
17:0			.005	6	A	1 1		0.138		
18:0			.051 .001	6 6	A A	1		2.515 0.037		
22:0	,		.000	6	A	1		0.013		
24:0	•		.000	6	A	1		0.008		
Fatty acids, total monounsaturated		418		0	NC	4		6.225		
14:1		167 0	.010	6	A	1		0.162		
15:1			.000	6	A	1		0.002		
16:1 undifferentiated	=		.022	6	AS	1		0.399		
16:1 c	=		.019	6	A	1		0.326		
16:1 t	•		.003	6 6	A A	1 1		0.073		
17:1	=		.002	6	A AS	1		0.044 5.572		
18:1 c			.077	6	A	1		4.956		
18:1 t			.023	6	A	1		0.616		
18:1-11 t (18:1t n-7)										
20:1	g 0.	041 0	.001	6	A	1		0.040		
22:1 undifferentiated	=		.000	6	AS	1		0.002		
22:1 c	=		.000	6	A	1		0.002		
22:1 t	=		.000	6 6	A A	1 1		0.000 0.003		
Fatty acids, total polyunsaturated		244	.000	0	NC	4		1.207		
18:2 undifferentiated			.031	6	AS	1		0.976		
18:2 n-6 c,c			.035	6	A	1		0.684		
18:2 CLAs		134 0	.007	6	A	1		0.130		
18:2 t,t	9									
18:2 i										
18:2 t not further defined	•		.005	6	A	1		0.162		
18:3 undifferentiated	•		.007 .007	6 6	AS A	1 1		0.115 0.106		
18:3 n-6 c,c,c (ALA)	•		.000	6	A	1		0.009		
18:3i	•							01005		
18:4		006 0	.000	6	A	1		0.006		
20:2 n-6 c,c	g 0.	007 0	.000	6	A	1		0.007		
20:3 undifferentiated			.001	6	AS	1		0.029		
20:3 n-3	•		.000	6	A	1		0.002		
20:3 n-6	•		.001	6	A	1		0.027		
20:4 undifferentiated		037 0	.001	6	A	1		0.036		
20:5 n-3 (EPA)	=	009 0	.000	6	A	1		0.009		
21:5				•		-		01005		
22:4		009 0	.000	6	A	1		0.008		
22:5 n-3 (DPA)	g 0.	017 0	.001	6	A	1		0.016		
22:6 n-3 (DHA)			.000		A	1		0.002		
Fatty acids, total trans		877		0	NC	4		0.851		
Fatty acids, total trans-monoenoic	•	710 167		0	NC	4		0.689		
Fatty acids, total trans-polyenoic	•	167 2	.459	0 6	NC A	4 1		0.162 76		
Phytosterols	•	2		5	А	-		,,		
1 11, 100101010	9									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01227

Cheese, dry white, queso seco

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units Mean

Std. Error Points Code Code

Code Measure 1 Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 97g: 1 cup grated

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	ıt in 100 gı	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber	•				easures of fo		
						Source C	onfidence	_		•	
Nutrients and Un	its	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	41.56	0.741	15		1		11.78	82.29		
Energy	kcal	357		0	NC	4		101	706		
Energy	kJ	1492		0		4		423	2954		
Protein (N x 6.38)	g	24.99	0.330	15		1		7.08	49.48		
Total lipid (fat)	g	27.80	0.565	19		1		7.88	55.04		
Ash	-	4.22	0.194	12		1		1.20	8.36		
Carbohydrate, by difference	g	1.43		0	NC	4		0.41	2.83		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	1.43		0	NR	4		0.41	2.83		
Starch	g										
Minerals:											
Calcium, Ca	ma	731	32.550	15		1		207	1447		
Iron. Fe	_	0.44	0.097			1		0.12	0.87		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30	1.705	9		1		8	59		
Phosphorus, P	_	536	18.811			1		152	1060		
Potassium, K		188	39.814			1		53	372		
Sodium, Na	-	812		0	NR	4		230	1608		
Zinc, Zn	-	3.75	0.542	4		1		1.06	7.43		
Copper, Cu		0.036		0		1		0.010	0.071		
Manganese, Mn	mg	0.011		0		1		0.003	0.022		
Selenium, Se	µg	14.5		0	CAZN	4		4.1	28.7		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin	_	0.037	0.008			1		0.010	0.073		
Riboflavin	_	0.389	0.003			1		0.110	0.770		
Niacin	_	0.082	0.013			1		0.023	0.162		
Pantothenic acid	_	0.281	0.072			1		0.080	0.556		
Vitamin B-6		0.076	0.004			1		0.022	0.150		
Folate, total	_	16	1.468			1		5	32		
Folic acid		0		0	z	7		0	0		
Folate, food		16	1.468	41		1		5	32		
Folate, DFE		16		0	NC	4		5	32		
Choline, total		15.4		0	T	4		4.4	30.5		
Betaine	_										
Vitamin B-12	_	1.54	0.129	15		1		0.44	3.04		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	243		0	NC	4		69	481		
Retinol		242		0	T	4		69	479		
Carotene, beta	µg	11		0	NR	4		3	22		
Carotene, alpha	µg	0		0	Z	7		0	0		
Cryptoxanthin, beta	µg	0		0	Z	7		0	0		
Vitamin A, IU	<u>I</u> U	825		0	NC	4		234	1634		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.24		0	BFFN	4		0.07	0.47		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	_										
Tocotrienol, alpha	_										
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		0.5		^	3.0	1		0.1	1.0		
Vitamin D (D2 + D3)				0	AS	1		6	1.0		
Vitamin D		20		0	BFFN BFFN	4 4			40		
Vitamin K (phylloquinone)		2.3		U	BFFN	4		0.7	4.6		
Dihydrophylloquinone	µy										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 17.572 0 1 4.982 34.793 4:0......g 1,000 2 1 0.284 1.980 6:0.....g 0.461 0.131 0.913 7 0.024 0.594 0.300 1 0.085 8:0.....g 10:0.....g 0.589 0.061 7 1 0.167 1,166 0.496 0.124 7 1 0.141 0.982 12:0.....g 13:0.....g 2.943 0.127 7 1 0.834 5.827 14:0......g 8.067 0.287 7 1 2,287 16·0 a 15.973 17:0.....g 2.983 0.113 7 1 0.846 5.906 18:0.....g 20:0.....g 24:0.....g 8.125 0 1 2.303 16.088 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.813 0.090 1 0.230 1.610 17:1.....g 0.298 7 1 18:1 undifferentiated......g 6.911 1.959 13.684 0.000 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.665 0 1 0.189 1.317 0.418 0.031 7 0.119 0.828 18:2 undifferentiated....... 1 0.247 0.029 7 1 0.070 0.489 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 20:5 n-3 (EPA).....g 0 1 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g 1.301 Cholesterol....mg 25 177 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.352 0 0.100 0.697 4 0.264 Threonine.....g 0.932 0 1 1.845 Isoleucine.....g 1.308 0 1 0.371 2,590 0.729 Leucine.....g 2.570 0 1 5.089 0 Lysine.....g 2.660 1 0.754 5.267 Methionine.....g 0.721 0 1 0.204 1.428 0.505 Cystine.....g 0.255 0 4 0.072 0 0.407 Phenylalanine.....g 1.434 1 2.839 1.457 0 1 0.413 2.885 Tyrosine.....g 0 1 0.513 Valine.....g 1.810 3.584 1.909 0.964 0 1 0.273 Arginine.....g Histidine.....g 1.034 0 1 0.293 2.047 0 1 0.217 Alanine.....g 0.764 1.513 Aspartic acid......g 1.747 0 1 0.495 3.459 1.744 6.150 0 1 12.177 Glutamic acid.....g 0.486 0 1 0.138 0.962 3.251 0 1 0.922 6.437 Proline.....g 1 0.439 3.063 Serine.....g 1.547 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 z Caffeine....mg

NDB No. 01018 Cheese, edam

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 3

0

Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	ount in 100 gr	am s	of edil	ole portion	<u>Amount i</u> n e	Amount in edible portion of common			
			Nun	measures of food							
						Source Confidence	9				
Nutrients and Uni	ts	Mean	Std. Error Po				Measure 1	Measure 2	Measure		
Proximates: Water	α.	55.22	1.126	22		1	82.83	15.65	9.39		
		264	1.120	0	NC	4	395	75	45		
Energy					NC						
Energy		1103		0		4	1654	313	187		
Protein (N x 6.38)		14.21	0.515	9		1	21.32	4.03	2.42		
Total lipid (fat)		21.28	0.893	23		1	31.92	6.03	3.62		
Ash	g	5.20		2		1	7.80	1.47	0.88		
Carbohydrate, by difference	g	4.09		0	NC	4	6.14	1.16	0.70		
Fiber, total dietary	g	0.0		0		4	0.0	0.0	0.0		
Sugars, total	g	4.09		0	NR	4	6.14	1.16	0.70		
Starch	g										
Minerals:											
Calcium, Ca	ma	493	42.411	4		1	739	140	84		
Iron, Fe		0.65	0.148	4		1	0.98	0.18	0.1		
Magnesium, Mg	_	19	2.199	4		1	29	5	3		
Phosphorus, P		337	15.985	4		1	506	96	57		
Potassium, K	_	62	5.702	5		1	93	18	11		
Sodium, Na	_	917	3.702	0	NR	4	1376	260	156		
Zinc, Zn	_	2.88	0.202	4	NK	1	4.32	0.82	0.4		
		0.03		0		1	0.048	0.009	0.4		
Copper, Cu	_	0.02		0		1	0.048	0.009	0.0		
Manganese, Mn		15.0	•	2	A	1	22.5	4.3	2.6		
Selenium, Se	µg	15.0		2	A	1	22.5	4.3	2.0		
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		1	0.0	0.0	0.0		
Thiamin	_	0.15		0		4	0.231	0.044	0.0		
Riboflavin	_	0.84		0		4	1.266	0.239	0.1		
Niacin	mg	0.99		0		4	1.487	0.281	0.1		
Pantothenic acid	mg	0.96	7	0		4	1.451	0.274	0.1		
Vitamin B-6	mg	0.42	4	0		4	0.636	0.120	0.0		
Folate, total	µg	32		0		4	48	9	5		
Folic acid	µg	0		0	Z	7	0	0	0		
Folate, food	µg	32		0		4	48	9	5		
Folate, DFE	µg	32		0	NC	4	48	9	5		
Choline, total	mg	15.4		0	T	4	23.1	4.4	2.6		
Betaine	mg										
Vitamin B-12	µg	1.69		0		4	2.54	0.48	0.2		
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.0		
Vitamin A, RAE	ug	125		0	NC	4	188	36	21		
Retinol		125		0	T	4	188	35	21		
Carotene, beta		3		0	NR	4	5	1	1		
Carotene, alpha		0		0	Z	7	0	0	0		
Cryptoxanthin, beta		0		0	z	7	0	0	0		
Vitamin A, IU		422		0	NC	4	632	120	72		
Lycopene		0		0	Z	7	0	0	0		
Lutein + zeaxanthin		0		0	z	7	0	0	0		
Vitamin E (alpha-tocopherol)		0.18		0	BFFN	4	0.27	0.05	0.0		
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.0		
		0.00		U	4	,	0.00	0.00	0.0		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta						_			_		
Vitamin D (D2 + D3)		0.4		0	AS	1	0.6	0.1	0.1		
Vitamin D		16		0	BFFN	4	23	4	3		
Vitamin K (phylloquinone)		1.8		0	BFFN	4	2.7	0.5	0.3		
Dihydrophylloquinone	uа										

	Ar	nount in	Amount in edible portion of common						
			measures of food						
			Number of Data		Source C	onfidence			_
Nutrients and Units	Mean	Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated			0		1		22.419	4.237	2.541
4:0	•		1		1		1.163	0.220	0.132
6:0			1 1		1 1		0.860	0.162	0.097
8:0 10:0	0		1		1		0.819 2.966	0.155 0.560	0.093 0.336
12:0			1		1		1.739	0.329	0.197
13:0	-		_		_		20,05	01025	01257
14:0	=	761	1		1		4.142	0.783	0.469
15:0	g								
16:0	=	L51	1		1		7.727	1.460	0.876
17:0	-		_		_				
18:0		188	1		1		2.232	0.422	0.253
20:0									
24:0									
Fatty acids, total monounsaturated		523	0		1		6.935	1.311	0.786
14:1	g								
15:1	_								
16:1 undifferentiated		385	1		1		0.578	0.109	0.065
17:1 18:1 undifferentiated		75	1		1		5.963	1.127	0.676
20:1			0		1		0.000	0.000	0.000
22:1 undifferentiated	0		0		1		0.000	0.000	0.000
24:1 c	•								
Fatty acids, total polyunsaturated	g 0.!	591	0		1		0.887	0.168	0.100
18:2 undifferentiated	g 0.:	326	1		1		0.489	0.092	0.055
18:3 undifferentiated			1		1		0.398	0.075	0.045
18:4	-	000	0		1		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated	-	000	0		1		0.000	0.000	0.000
20:5 n-3 (EPA)			0		1		0.000	0.000	0.000
21:5	=								
22:4	g								
22:5 n-3 (DPA)	-		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)		000	0		1		0.000	0.000	0.000
Fatty acids, total trans			1		1		124	25	15
CholesterolPhytosterols	=		1		1		134	25	15
•	'''9								
Amino Acids:									
Tryptophan			0		4		0.300	0.057	0.034
Threonine			0		4 4		0.956 1.205	0.181 0.228	0.108
IsoleucineLeucine	0		0		4		2.093	0.228	0.137 0.237
Lysine	0		0		4		1.829	0.346	0.207
Methionine	0		0		4		0.552	0.104	0.063
Cystine	=	083	0		4		0.125	0.024	0.014
Phenylalanine	g 0.6	575	0		4		1.013	0.191	0.115
Tyrosine	=		0		4		1.002	0.189	0.114
Valine			0		4		1.598	0.302	0.181
Arginine	=		0		4 4		0.705	0.133	0.080
Histidine			0		4		0.596 0.959	0.113 0.181	0.067 0.109
AlanineAspartic acid	0		0		4		1.169	0.181	0.109
Glutamic acid			0		4		3.632	0.686	0.412
Glycine	0		0		4		0.146	0.027	0.016
Proline		378	0		4		2.067	0.391	0.234
Serine	=	L69	0		4		1.754	0.331	0.199
Hydroxyproline	9								
Others:									
Alcohol, ethyl	g 0.0)	0		7		0.0	0.0	0.0
Caffeine	mg 0		0	Z	7		0	0	0

NDB No. 01019 Cheese, feta

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	ount in 10	Amount in edible portion of common						
				measures of food						
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.92		17		1		50.05	40.95	10.75
Energy	kcal	389		0	NC	4		514	420	110
Energy	kJ	1628		0	NC	4		2149	1758	461
Protein (N x 6.38)	g	25.60		16		1		33.79	27.65	7.26
Total lipid (fat)	g	31.14		17		1		41.10	33.63	8.83
Ash	g	3.79		17		1		5.00	4.09	1.07
Carbohydrate, by difference	g	1.55		0	NC	4		2.05	1.67	0.44
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		1.55		0	NR	4		2.05	1.67	0.44
Starch										
	_									
Minerals:										
Calcium, Ca	_	550		1		1		726	594	156
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.23		1		1		0.30	0.25	0.07
Magnesium, Mg		14		1		1		18	15	4
Phosphorus, P		346		0		4		457	374	98
Potassium, K	_	64		0		4		84	69	18
Sodium, Na	-	800		0		4		1056	864	227
Zinc, Zn		3.50		1		1		4.62	3.78	0.99
Copper, Cu		0.02		0		1 1		0.033	0.027	0.00
Manganese, Mn		0.01	4	0	a	4		0.018	0.015	0.00
Selenium, Se	µg	14.5		U	CAZN	4		19.1	15.7	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.02	1	1		1		0.028	0.023	0.00
Riboflavin	mg	0.20	4	1		1		0.269	0.220	0.05
Niacin	mg	0.15	0	1		1		0.198	0.162	0.04
Pantothenic acid	mg	0.42	9	0		4		0.566	0.463	0.12
Vitamin B-6	mg	0.08	3	0		4		0.110	0.090	0.02
Folate, total	µg	6		0		4		8	6	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	6		0		4		8	6	2
Folate, DFE		6		0	NC	4		8	6	2
Choline, total		15.4		0	T	4		20.3	16.6	4.4
Betaine	mg									
Vitamin B-12		1.68		0		4		2.21	1.81	0.48
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	ug	261		0	NC	4		344	282	74
Retinol		258		0	T	4		341	279	73
Carotene, beta	µg	32		0	NR	4		42	35	9
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		913		0	NC	4		1206	986	259
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.27		0	BFFN	4		0.35	0.29	0.08
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.6		0	AS	1		0.8	0.6	0.2
Vitamin D	IU	23		0	BFFN	4		30	25	6
Vitamin K (phylloquinone)	µg	2.6		0	BFFN	4		3.4	2.8	0.7
Dihydrophylloquinone	µg									
Menaquinone-4										

	An	ount i	n 100 grams	of edik	ole portion	Amount in edible portion of common				
			Number of Data	Deriv	Source Confidence		000010001100	<u></u>		
Nutrients and Units	Mean	Std. E	rror Points		Code Code	Measure 1	Measure 2	Measure 3		
Tinida.										
Lipids: Fatty acids, total saturated	a 19.1	96	0		1	25.339	20.732	5.442		
4:0	•		2		1	0.944	0.772	0.203		
6:0	•	89	2		1	0.645	0.528	0.139		
8:0	g 0.3	14	2		1	0.414	0.339	0.089		
10:0	-		2		1	0.859	0.703	0.185		
12:0		04	2		1	1.061	0.868	0.228		
13:0 14:0		64	2		1	3.912	3.201	0.840		
15:0	•	-	_		_	3.312	3.201	01020		
16:0	=	58	2		1	11.165	9.135	2.398		
17:0	-									
18:0	•	55	2		1	3.505	2.867	0.753		
20:0	-									
24:0	•									
Fatty acids, total monounsaturated	•	87	0		1	11.467	9.382	2.463		
14:1	g									
15:1	•									
16:1 undifferentiated	•	90	2		1	1.175	0.961	0.252		
17:1 18:1 undifferentiated	-	00	2		1	9.372	7.668	2.013		
20:1	=		0		1	0.000	0.000	0.000		
22:1 undifferentiated			0		1	0.000	0.000	0.000		
24:1 c										
Fatty acids, total polyunsaturated			0		1	2.183	1.786	0.469		
18:2 undifferentiated	=		2		1	1.140	0.933	0.245		
18:3 undifferentiated	=		2		1 1	1.043 0.000	0.853 0.000	0.224		
20:2 n-6 c,c	•	00	ŭ		-	0.000	0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	g 0.0	00	0		1	0.000	0.000	0.000		
20:5 n-3 (EPA)	=	00	0		1	0.000	0.000	0.000		
21:5	-									
22:4 22:5 n-3 (DPA)	-	00	0		1	0.000	0.000	0.000		
22:6 n-3 (DHA)	•		0		1	0.000	0.000	0.000		
Fatty acids, total trans										
Cholesterol			1		1	153	125	33		
Phytosterols	mg									
Amino Acids:										
Tryptophan			0		4	0.477	0.390	0.102		
Threonine	=		0		4	1.234	1.010	0.265		
Isoleucine	-		0		4 4	1.827 3.516	1.495	0.392 0.755		
LeucineLysine			0		4	3.073	2.877 2.514	0.755		
Methionine	•		0		4	0.932	0.762	0.200		
Cystine	•		0		4	0.345	0.282	0.074		
Phenylalanine	g 1.4	97	0		4	1.976	1.617	0.424		
Tyrosine			0		4	2.012	1.646	0.432		
Valine			0		4	2.542	2.080	0.546		
Arginine			0		4 4	1.102 1.266	0.902 1.036	0.237 0.272		
HistidineAlanine	•		0		4	1.086	0.889	0.233		
Aspartic acid	•		0		4	1.865	1.526	0.401		
Glutamic acid	•		0		4	6.780	5.547	1.456		
Glycine			0		4	0.603	0.494	0.130		
Proline	=		0		4	4.386	3.589	0.942		
Serine	=	77	0		4	1.950	1.595	0.419		
Hydroxyproline	9									
Others:			_		_		_			
Alcohol, ethyl			0	-	7 7	0.0 0	0.0	0.0		
Caffeine	mg 0		U	Z	,	U	0	0		

NDB No. 01020 Cheese, fontina

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 108g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	<u>it in 100 gr</u>	Amount in edible portion of common						
			Num		easures of fo					
					Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	51.42	0.896	6	A	1		62.74		
Energy		299		0	NC	4		364		
Energy		1250		0	NC	4		1525		
Protein	g	18.09	0.213	6	A	1		22.07		
Total lipid (fat)	g	23.82	0.978	6	A	1		29.06		
Ash	-	3.68	0.175	6	A	1		4.49		
Carbohydrate, by difference		2.98		0	NC	4		3.64		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total		2.32	0.062	6	A	1		2.84		
Sucrose	g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose)		0.00	0.000	6	A	1		0.00		
Fructose	g	0.00	0.000	6	A	1		0.00		
Lactose	g	2.32	0.062	6	A	1		2.84		
Maltose	g	0.00	0.000	6	A	1		0.00		
Galactose	g	0.00	0.000	6	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	566	11.035	6	A	1		690		
Iron, Fe	•	0.20	0.010	6	A	1		0.24		
Magnesium, Mg		24	0.460	6	A	1		30		
Phosphorus, P		385	6.667	6	A	1		469		
Potassium, K	_	129	3.212	6	A	1		157		
Sodium, Na	-	751	62.925	6	A	1		916		
Zinc, Zn		2.58	0.082	6 6	A A	1 1		3.15		
Copper, Cu		0.033 0.014	0.011	6	A	1		0.040 0.017		
Selenium, Se		19.3	0.002	2	A	1		23.5		
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	BFZN	4		0.0		
Thiamin	_	0.042	0.002	6	A	1		0.051		
Riboflavin	_	0.173	0.011	6	A	1		0.211		
Niacin	mg	0.027	0.004	6	A	1		0.033		
Pantothenic acid	mg	0.358	0.007	6	A	1		0.437		
Vitamin B-6	mg	0.076	0.002	6	A	1		0.092		
Folate, total	µg	7		0	BFZN	4		9		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	7		0	BFZN	4		9		
Folate, DFE	µg	7		0	NC	4		9		
Choline, total	mg	12.5		0	AS	1		15.2		
Betaine	mg	3.3		1	A	1		4.0		
Vitamin B-12	µg	1.68	0.079	6	A	1		2.05		
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00		
Vitamin A, RAE	µg	224		0	AS	1		273		
Retinol		221		2	A	1		269		
Carotene, beta	µg	41		2	A	1		50		
Carotene, alpha		0		2	A	1		0		
Cryptoxanthin, beta		2		2	A	1		3		
Vitamin A, IU		806		0	AS	1		983		
Lycopene		0		2	A	1		0		
Lutein + zeaxanthin		3		2	A	1		4		
Vitamin E (alpha-tocopherol)		0.37	0.031		A	1		0.45		
Vitamin E, added		0.00	0 00-	0	BFZN	4		0.00		
Tocopherol, beta		0.00	0.000	6	A	1		0.00		
Tocopherol, gamma		0.04	0.001	6	A	1		0.04		
Tocopherol, delta		0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha Tocotrienol, beta		0.03 0.00	0.016 0.001	6 6	A A	1 1		0.04 0.00		

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	04	0.027	6	A	1		0.05		
Tocotrienol, deltamg Vitamin D (D2 + D3)	0.0 2.7		0.000	6 0	A As	1 1		0.00 3.3		
Vitamin D2 (ergocalciferol)µg	2.	,		Ü	AD	-		3.3		
Vitamin D3 (cholecalciferol)µg	2.7	7		1	A	1		3.3		
Vitamin D	110 1.0	1		1 2	A A	1 1		134 1.3		
Dihydrophylloquinoneµg	1.	,		_	A	-		1.3		
Menaquinone-4µg	3.6	5		2	A	1		4.4		
Lipids:										
Fatty acids, total saturated	12.9			0	NC	4		15.787		
4:0g 6:0g	0.4		0.017 0.018	6 6	A A	1 1		0.592 0.472		
8:0g	0.2		0.012	6	A	1		0.298		
10:0g	0.5	569	0.030	6	A	1		0.695		
12:0g	0.6	551	0.037	6	A	1		0.794		
13:0g 14:0g	2.1	L27	0.107	6	A	1		2.595		
15:0g	0.2		0.012	6	A	1		0.271		
16:0g	5.6		0.236	6	A	1		6.888		
17:0g	0.1		0.006	6	A	1 1		0.165 2.935		
18:0g 20:0g	2.4		0.097 0.001	6 6	A A	1		2.935 0.041		
22:0g	0.0		0.001	6	A	1		0.015		
24:0g	0.0		0.000	6	A	1		0.010		
Fatty acids, total monounsaturatedg 14:1g	5.9 0.1		0.012	0 6	NC A	4 1		7.279		
14:1g 15:1g	0.0		0.000	6	A	1		0.206 0.003		
16:1 undifferentiatedg	0.4		0.024	6	AS	1		0.498		
16:1 cg	0.3		0.021	6	A	1		0.408		
16:1 tg	0.0		0.004	6 6	A A	1 1		0.089		
17:1g 18:1 undifferentiatedg	5.2		0.002	6	AS	1		0.054 6.463		
18:1 cg	4.6	597	0.242	6	A	1		5.730		
18:1 tg	0.6	501	0.029	6	A	1		0.733		
18:1-11 t (18:1t n-7)g 20:1g	0.0	ารย	0.001	6	A	1		0.047		
22:1 undifferentiatedg	0.0		0.000	6	AS	1		0.003		
22:1 cg	0.0	003	0.000	6	A	1		0.003		
22:1 tg	0.0		0.000	6	A	1		0.000		
24:1 cg Fatty acids, total polyunsaturatedg	0.0 1.1		0.000	6 0	A NC	1 4		0.004 1.350		
18:2 undifferentiatedg	0.8		0.031	6	AS	1		1.082		
18:2 n-6 c,cg	0.5		0.022	6	A	1		0.722		
18:2 CLAs	0.1	L35	0.008	6	A	1		0.165		
18:2 t,tg 18:2 ig										
18:2 t not further defined	0.1	L60	0.007	6	A	1		0.196		
18:3 undifferentiatedg	0.1		0.005	6	AS	1		0.132		
18:3 n-3 c,c,c (ALA)g 18:3 n-6 c,c,c,g	0.0		0.005	6 6	A A	1 1		0.121 0.011		
18:3ig				·		_		00011		
18:4g	0.0		0.000	6	A	1		0.007		
20:2 n-6 c,c	0.0		0.000	6	A	1		0.008		
20:3 undifferentiated	0.0		0.001	6 6	AS A	1 1		0.034 0.002		
20:3 n-6g	0.0		0.001	6	A	1		0.031		
20:4 undifferentiatedg	0.0	35	0.002	6	A	1		0.043		
20:4 n-6g	0.0	ากย	0.000	6	A	1		0.010		
20:5 n-3 (EPA)g 21:5g	0.0		0.000	U	A	_		0.010		
22:4g	0.0	800	0.001		A	1		0.010		
22:5 n-3 (DPA)g	0.0	015	0.001	6	A	1		0.019		

NDB No. 01228

Cheese, fresh, queso fresco

	<u>Am our</u>	nt in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
		Nu	m be	r			<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std					Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.003	0.000	6	A	1		0.003		
Fatty acids, total transg	0.834		0	NC	4		1.018		
Fatty acids, total trans-monoenoicg	0.674		0	NC	4		0.823		
Fatty acids, total trans-polyenoicg	0.160		0	NC	4		0.196		
Cholesterolmg	69	2.853	6	A	1		85		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: 1 cup, crumbled

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Lipids:

		<u>Am ou</u>	nt in 100 gran	ns of ed		Amount in edible portion of common			
			Numb	er			m	easures of fo	od
					Source Co	nfidence			
Nutrients and U	nits	Mean St	d. Error Poin			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	_	13.44		3	1		3.81	30.51	
Energy		466) NC	4		132	1057	
Energy	kJ	1948			4		552	4423	
Protein (N x 6.38)	g	9.65	:	2	1		2.74	21.91	
Total lipid (fat)	g	29.51	0.267	3	1		8.37	66.99	
Ash	g	4.75	:	2	1		1.35	10.78	
Carbohydrate, by difference	g	42.65) NC	4		12.09	96.82	
Fiber, total dietary	g	0.0)	4		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	<u>m</u> g	400	3	L	1		113	908	
Iron, Fe	mg	0.52	()	4		0.15	1.18	
Magnesium, Mg	mg	70	()	4		20	159	
Phosphorus, P	mg	444	3	L	1		126	1008	
Potassium, K	mg	1409	()	4		399	3198	
Sodium, Na	mg	600	=	L	1		170	1362	
Zinc, Zn	mg	1.14	()	4		0.32	2.59	
Copper, Cu	mg	0.080	()	1		0.023	0.182	
Manganese, Mn	mg	0.040	()	1		0.011	0.091	
Selenium, Se	µg	14.5	() CAZN	4		4.1	32.9	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	()	1		0.0	0.0	
Thiamin	mg	0.315	()	4		0.089	0.715	
Riboflavin	mg	1.382	()	4		0.392	3.137	
Niacin	mg	0.813	0.000	5	1		0.230	1.846	
Pantothenic acid	mg	3.351	()	4		0.950	7.607	
Vitamin B-6	mg	0.271	()	4		0.077	0.615	
Folate, total	µg	5	0.849	3	1		1	10	
Folic acid	µg	0	() Z	7		0	0	
Folate, food	µg	5	0.849	3	1		1	10	
Folate, DFE	µg	5	() NC	4		1	10	
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg	2.42	()	4		0.69	5.50	
Vitamin A, RAE	µg	334	()	4		95	759	
Retinol		334	()	4		95	759	
Carotene, beta	µg								
Carotene, alpha	µg								
Cryptoxanthin, beta	µg								
Vitamin A, IU	JU	1113	()	4		316	2527	
Lycopene	µg								
Lutein + zeaxanthin									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	_								
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								

	<u>Am</u>	ount in 100 grams	s of edible portion	Amount in edible portion of common			
		Num be	•			easures of foo	
			ı Deriv Source C	£! .!	_		
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
					= 400	40.400	
Fatty acids, total saturated			1 1		5.432	43.493	
4:0	=		1		0.271	2.172	
6:0 8:0	•		1		0.160	1.285	
	•		1		0.094	0.749	
10:0	•		1		0.163	1.308	
12:0	-	1 1	1		0.236	1.886	
13:0	•	0 1	1		0 007	7.423	
14:0	=	0 1	1		0.927	7.423	
15:0	=	2 1	1		0.456	10 663	
16:0	•	2 1	1		2.456	19.663	
17:0	=	7 1	-		0.006	7 002	
18:0		7 1	1		0.986	7.893	
20:0	•						
22:0	•						
24:0							
Fatty acids, total monounsaturated		9 0	1		2.234	17.885	
14:1	-						
15:1							
16:1 undifferentiated	-	4 1	1		0.151	1.212	
17:1	-						
18:1 undifferentiated		5 1	1		1.972	15.788	
20:1							
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated			1		0.266	2.129	
18:2 undifferentiated			1		0.144	1.153	
18:3 undifferentiated	g 0.42	9 1	1		0.122	0.974	
18:4	g						
20:2 n-6 c,c	g						
20:3 undifferentiated	g						
20:4 undifferentiated	g 0.00	0 0	4		0.000	0.000	
20:5 n-3 (EPA)	g						
21:5	g						
22:4	g						
22:5 n-3 (DPA)	-						
22:6 n-3 (DHA)	=						
Fatty acids, total trans							
Cholesterol	-	0	4		27	213	
Phytosterols	mg						
Amino Acids:							
	g 0.13	5 0	1		0.038	0.306	
Tryptophan Threonine	•		1		0.038	0.306	
I nreonine	•		1		0.111	1.178	
	•		1		0.147	2.252	
Leucine	•		1				
Lysine					0.231	1.848	
Methionine	=		1		0.090	0.722	
Cystine			1		0.016	0.129	
Phenylalanine			1		0.153	1.226	
Tyrosine			1		0.153	1.228	
Valine			1		0.217	1.737	
Arginine	=		1		0.094	0.749	
Histidine			1		0.083	0.665	
Alanine	=		1		0.092	0.738	
Aspartic acid			1		0.201	1.609	
Glutamic acid			1		0.563	4.510	
Glycine	g 0.18		1		0.054	0.429	
Proline	g 1.18		1		0.335	2.679	
Serine	g 0.47	0 0	1		0.133	1.067	
Hydroxyproline	g						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01021 Cheese, gjetost

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: 1 package (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amou	<u>nt in 100 g</u>	rams	or ean	ole portic	<u>on</u>	Amount in e	dible portion	of common
			Nu	mber	r			<u>m</u>	easures of fo	od
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	ite	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Nutrients and on	แร	Weall St	u. 🗀 101 · 、	,,,,,				Weasure i	Wedsule 2	Weasure
Proximates:										
Water	g	29.01	1.211	7		1		8.22		
Energy	kcal	452		0	NC	4		128		
Energy	kJ	1891		0		4		536		
Protein (N x 6.38)	g	30.52	0.771	7		1		8.65		
Total lipid (fat)		35.59	1.008	7		1		10.09		
Ash		3.72	0.099	6		1		1.05		
Carbohydrate, by difference	-	2.17		0	NC	4		0.62		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		2.17		0	NR	4		0.62		
Starch										
5.44										
Minerals:										
Calcium, Ca	_	895	117.856			1		254		
Iron, Fe	_	1.88	0.709	6		1		0.53		
Magnesium, Mg		54	4.849	7		1		15		
Phosphorus, P		729	5.713			1		207		
Potassium, K	•	48	15.479			1		14		
Sodium, Na	_	423		0	NR	4		120		
Zinc, Zn	_	1.59	0.562			1		0.45		
Copper, Cu		0.627	0.035			1		0.178		
Manganese, Mn		0.252	0.148			1		0.071		
Selenium, Se	µg	5.5		0	BFNN	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0		
Thiamin	-	0.140		1		1		0.040		
Riboflavin		1.190		1		1		0.337		
Niacin	_	2.400		1		1		0.680		
Pantothenic acid	_	0.410		0		1		0.116		
Vitamin B-6	-	0.080		0		1		0.023		
Folate, total	_	4		0		1		1		
Folic acid		0		0	z	7		0		
Folate, food		4		0	_	1		1		
Folate, DFE		4		0	NC	4		1		
Choline, total		15.4		0	Т	4		4.4		
Betaine	_	-51-		•	-	-				
Vitamin B-12		0.12		0		1		0.03		
Vitamin B-12, added		0.00		0	z	7		0.00		
Vitamin A, RAE		486		0	NC	4		138		
Retinol		478		0	T	4		136		
Carotene, beta		91		0	BFFN	4		26		
Carotene, alpha		0		0	Z	7		0		
•		0		0	Z	7		0		
Cryptoxanthin, beta Vitamin A, IU		1745		0	NC	4		495		
		0		0	Z	7		0		
Lycopene Lutein + zeaxanthin		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.31		0	BFFN	4		0.09		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	Z	7		0.00		
	_	0.00		J	4	,		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.7		0	AS	1		0.2		
		26		0	BFFN	4		7		
Vitamin D		3.0		0	BFFN	4		0.8		
Vitamin K (phylloquinone)		3.0		U	DEFN	*		0.8		
Dihydrophylloquinone	LIC									

	<u>A</u> 1	mount in	100 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
			Number					easures of foc		
					Source C	onfidence			_	
Nutrients and Units	Mean	Std. Erı	or Points		Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	.g 24.	609	0		1		6.977			
4:0	•	784	20		1		0.506			
6:0		782	20		1		0.222			
8:0		961 432	20 20		1 1		0.272 0.973			
10:0 12:0	-	432 572	20		1		0.973			
13:0		37 2	20		-		0.110			
14:0	_	609	20		1		1.023			
15:0	g									
16:0	g 9.	312	20		1		2.640			
17:0	_									
18:0		158	20		1		0.895			
20:0										
24:0	•									
Fatty acids, total monounsaturated		117	0		1		2.301			
14:1	g									
15:1	-									
16:1 undifferentiated	-	846	20		1		0.240			
17:1		272	20		1		2.062			
20:1		000	0		1		0.000			
22:1 undifferentiated		000	0		1		0.000			
24:1 c	_									
Fatty acids, total polyunsaturated	.g 0.	845	0		1		0.240			
18:2 undifferentiated		845	20		1		0.240			
18:3 undifferentiated		000	0		1		0.000			
18:4	-	000	0		1		0.000			
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated		000	0		1		0.000			
20:5 n-3 (EPA)		000	0		1		0.000			
21:5	g									
22:4										
22:5 n-3 (DPA)		000	0		1		0.000			
22:6 n-3 (DHA)		000	0		1		0.000			
Fatty acids, total trans Cholesterol	-		1		1		30			
Phytosterols	=		_		_					
•										
Amino Acids:	α 0	321	0		1		0.091			
Tryptophan Threonine		321 139	0		1		0.091			
Isoleucine	5	263	0		1		0.358			
Leucine		631	0		1		0.746			
Lysine	g 2.:	191	0		1		0.621			
Methionine		813	0		1		0.230			
Cystine		139	0		1		0.039			
Phenylalanine		215 191	0		1 1		0.344 0.338			
TyrosineValine		100	0		1		0.595			
Arginine		904	0		1		0.256			
Histidine		832	0		1		0.236			
Alanine	g 0.	526	0		1		0.149			
Aspartic acid		517	0		1		0.430			
Glutamic acid		688	0		1		1.613			
Glycine		344 603	0		1 1		0.098			
Proline Serine		693 172	0		1		1.047 0.332			
Hydroxyproline	•	-/-	U		-		0.332			
Others:	α	0	^		7		0.0			
Alcohol, ethyl	=	U	0	z	7 7		0.0			
Caffeine	9		U	4	,		v			

NDB No. 01156 Cheese, goat, hard type

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Amount in edible portion of common

measures of food

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amour	t in 100 g	aiiis	Amount in edible portion of common					
			Nur	n ber					easures of fo	
						Source	Confidence			-
Nutrients and Un	:40	Maan Ctd	. Error Po				Code	Magazira 1	Magazira 2	Magaura
Nutrients and Un	its	Mean Std	. Error)IIIIG	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.52	0.438	464		1		12.90		
Energy	kcal	364		0	NC	4		103		
Energy	kJ	1523		0		4		432		
Protein (N x 6.38)	g	21.58	0.920	26		1		6.12		
Total lipid (fat)	g	29.84	0.419	464		1		8.46		
Ash	g	2.94	0.157	11		1		0.83		
Carbohydrate, by difference	g	0.12		0	NC	4		0.03		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.12		0	NR	4		0.03		
Starch	g									
Minorola										
Minerals:	ma	298	54.499	29		1		84		
Calcium, Ca	_					1				
Iron, FeMagnesium, Mg		1.62 29	0.616 3.355			1		0.46 8		
Phosphorus, P		375	27.884			1		106		
Potassium, K		158	13.493			1		45		
Sodium, Na	_	415	13.133	0	NR	4		118		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.66	0.088			1		0.19		
Copper, Cu	_	0.564	0.026			1		0.160		
Manganese, Mn		0.093	0.004			1		0.026		
Selenium, Se		3.8		0	BFNN	4		1.1		
,										
Vitamins:						_				
Vitamin C, total ascorbic acid	_	0.0	0 000	0		1 1		0.0		
Thiamin	_	0.072	0.009			1		0.020		
Riboflavin	_	0.676 1.148	0.049 0.126			1		0.192 0.325		
Niacin	_	0.190	0.126	0		1		0.325		
Pantothenic acid Vitamin B-6	_	0.190		0		1		0.054		
Folate, total	_	2		0		1		1		
Folic acid		0		0	z	7		0		
Folate, food		2		0	4	1		1		
Folate, DFE		2		0	NC	4		1		
Choline, total		15.4		0	Т	4		4.4		
Betaine		13.1		Ū	-	-		1.1		
Vitamin B-12		0.22		0		1		0.06		
Vitamin B-12, added		0.00		0	z	7		0.00		
Vitamin A, RAE		407		0	NC	4		115		
Retinol		401		0	T	4		114		
Carotene, beta		77		0	BFFN	4		22		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		0		0	z	7		0		
Vitamin A, IU		1464		0	NC	4		415		
Lycopene		0		0	z	7		0		
Lutein + zeaxanthin		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.26		0	BFFN	4		0.07		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	AS	1		0.2		
Vitamin D	IU	22		0	BFFN	4		6		
Vitamin K (phylloquinone)		2.5		0	BFFN	4		0.7		
Dihydrophylloquinone	µg									
Menaquinone-4	ug									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 20.639 0 1 5.851 4:0......g 1.496 20 1 0.424 6:0.....g 0.656 20 0.186 20 0.806 1 8:0.....g 0.229 10:0.....g 2.879 20 1 0.816 0.374 12:0.....g 1.318 20 1 13:0.....g 3.026 20 1 0.858 14:0.....g 7.809 20 1 2.214 16·0 a 17:0.....g 2.648 20 1 0.751 18:0.....g 20:0.....g 22:0......g 24:0.....g 6.808 0 1 1.930 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.709 20 1 0.201 17:1.....g 6.099 20 1 18:1 undifferentiated......g 1.729 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.709 0 1 0.201 0.709 20 0.201 18:2 undifferentiated....... 1 0.000 0 1 0.000 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 Fatty acids, total trans......g 2.040 7 Cholesterol....mg 22 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.227 0 0.064 1 0.228 Threonine.....g 0.805 0 1 Isoleucine.....g 0.893 0 1 0.253 Leucine.....g 1.861 0 1 0.528 0 Lysine.....g 1.549 1 0.439 Methionine.....g 0.575 0 1 0.163 Cystine.....g 0.098 0 1 0.028 0.859 0 Phenylalanine.....g 0.244 0.842 0 1 0.239 Tyrosine.....g 0 1 Valine.....g 1.485 0.421 0 1 0.181 Arginine.....g 0.639 Histidine.....g 0.589 0 1 0.167 0 1 Alanine.....g 0.372 0.105 Aspartic acid......g 1.072 0 1 0.304 4.022 0 1 1.140 Glutamic acid.....g Glycine......g 0.244 0 1 0.069 0 1 2,612 0.741 Proline.....g 0.829 1 0.235 Serine.....g 0 Hydroxyproline.....g Others: 0.0 Alcohol, ethyl......g 0.0 0 z Caffeine....mg

NDB No. 01157 Cheese, goat, semisoft type

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amour	nt in 100 g	aiiis	Amount in edible portion of common					
			Nui	mber	•			<u>m</u>	easures of fo	od
						Source	Confidence			
Nutrients and Ur	vito.	Mean Std	. Error Po				Code	Measure 1	Magaura 2	Measure
Nutrients and Or	iits	Mean Sto	. Error i)III13	Oout	Ooue	Oode	weasure i	Measure 2	weasure
Proximates:										
Water	g	60.75	0.738	83		1		17.22		
Energy		264		0	NC	4		75		
Energy		1106		0	NC	4		314		
Protein (N x 6.38)		18.52	0.614			1		5.25		
Total lipid (fat)		21.08	0.527			1		5.98		
Ash		1.58	0.093			1		0.45		
Carbohydrate, by difference	_	0.00		0	NC	4		0.00		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00		Ü		,		0.00		
Starcii	9									
Minerals:_										
Calcium, Ca	<u>m</u> g	140	15.343	69		1		40		
Iron, Fe	mg	1.90	0.245	65		1		0.54		
Magnesium, Mg	mg	16	0.584	69		1		5		
Phosphorus, P	mg	256	10.853	65		1		73		
Potassium, K	mg	26	3.238	65		1		7		
Sodium, Na	<u>mg</u>	459		0	NR	4		130		
Zinc, Zn	mg	0.92	0.086	69		1		0.26		
Copper, Cu	mg	0.732	0.041	65		1		0.208		
Manganese, Mn	mg	0.100	0.003	65		1		0.028		
Selenium, Se	µg	2.8		0	BFNN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0		
Thiamin	_	0.070	0.005			1		0.020		
Riboflavin		0.380	3.400			1		0.108		
Niacin	_	0.430	0.163			1		0.122		
Pantothenic acid	_	0.680	0.1200	0		1		0.193		
Vitamin B-6	_	0.250		0		1		0.071		
Folate, total	_	12		0		1		3		
Folic acid		0		0	z	7		0		
Folate, food		12		0	_	1		3		
Folate, DFE		12		0	NC	4		3		
Choline, total		15.4		0	Т	4		4.4		
Betaine		13.1		Ū	•	•				
Vitamin B-12		0.19		0		1		0.05		
Vitamin B-12, added		0.00		0	z	7		0.00		
Vitamin A, RAE		288		0	NC	4		82		
Retinol		283		0	T	4		80		
Carotene, beta		54		0	BFFN	4		15		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		0		0	z	7		0		
Vitamin A, IU		1033		0	NC	4		293		
Lycopene		0		0	z	7		0		
Lutein + zeaxanthin		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.18		0	BFFN	4		0.05		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta	_	******		-	_	•				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.4		0	AS	1		0.1		
Vitamin D		15		0	BFFN	4		4		
Vitamin K (phylloquinone)		1.8		0	BFFN	4		0.5		
Dihydrophylloquinone				-						
Menaquinone-4										

	<u>Ar</u>	mount in 10	00 grams	of edil	ble portion	Amount in 6	Amount in edible portion of common			
			Number				easures of foo			
					Source Confiden	ice		_		
Nutrients and Units	Mean	Std. Erro	Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Lipids:										
Fatty acids, total saturated			0		1	4.132				
4:0	•	057 463	20 20		1 1	0.300 0.131				
8:0	•	1 03 569	20		1	0.161				
10:0	-	033	20		1	0.576				
12:0	=	931	20		1	0.264				
13:0 14:0	=	137	20		1	0.606				
15:0	=				-	0.000				
16:0	•	515	20		1	1.564				
17:0	•	070	20		1	0 530				
18:0 20:0	•	870	20		1	0.530				
22:0	-									
24:0					_					
Fatty acids, total monounsaturated	-	807	0		1	1.363				
15:1										
16:1 undifferentiated	•	501	20		1	0.142				
17:1	-				_					
18:1 undifferentiated 20:1	-	307 000	20 0		1 1	1.221 0.000				
22:1 undifferentiated	-	000	0		1	0.000				
24:1 c										
Fatty acids, total polyunsaturated	•	501	0		1	0.142				
18:2 undifferentiated	.0	501 000	20 0		1 1	0.142 0.000				
18:4	•	000	0		1	0.000				
20:2 n-6 c,c										
20:3 undifferentiated					_					
20:4 undifferentiated 20:5 n-3 (EPA)		000 000	0		1 1	0.000 0.000				
20:5 II-5 (EPA)		000	U		-	0.000				
22:4	=									
22:5 n-3 (DPA)	•	000	0		1	0.000				
22:6 n-3 (DHA) Fatty acids, total trans	•	000	0		1	0.000				
Cholesterol			1		1	13				
Phytosterols	,mg									
Amino Acids:										
Tryptophan	.g 0.:	195	0		1	0.055				
Threonine		691	0		1	0.196				
IsoleucineLeucine	•	766 597	0 0		1 1	0.217 0.453				
Lysine	•	330	0		1	0.377				
Methionine	•	494	0		1	0.140				
Cystine	o .	084	0		1	0.024				
Phenylalanine Tyrosine	.0	737 723	0		1 1	0.209 0.205				
Valine	•	274	0		1	0.361				
Arginine	•	549	0		1	0.156				
Histidine	•	505	0		1	0.143				
AlanineAspartic acid	.0	319 920	0 0		1 1	0.090 0.261				
Glutamic acid	•	452	0		1	0.979				
Glycine	g 0.:	209	0		1	0.059				
Proline	•	241	0		1	0.635				
Serine Hydroxyproline	•	711	0		1	0.202				
Others: Alcohol, ethyl	g 0.0	0	0		7	0.0				
Caffeine	•	-	0	z	7	0				

NDB No. 01159 Cheese, goat, soft type

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Nutrients and Units

of Data Deriv Source Confidence Std. Error Points Code Code Mean

Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Nutrients and Unit	s			nbei	r				dible portion easures of fo	
roximates:	s				measures of food					
roximates:	s			Data	Deriv	Source C	onfidence			
Water		Mean St	td. Error Po			Code	Code	Measure 1	Measure 2	Measure
Water										
Energy		41.46	0.374			1		11.75	82.09	
Energy	kcal	356		0	NC	4		101	705	
Energy	kJ	1491		0	NC	4		423	2952	
Protein (N x 6.38)	g	24.94	0.193	6		1		7.07	49.38	
Total lipid (fat)	g	27.44	0.564	13		1		7.78	54.33	
Ash	g	3.94	0.124	7		1		1.12	7.80	
Carbohydrate, by difference	g	2.22		0	NC	4		0.63	4.40	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	2.22		0	NR	4		0.63	4.40	
Starch	g									
<u> Iinerals:</u>										
Calcium, Ca	_	700	29.984			1		198	1386	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.24		1		1		0.07	0.48	
Magnesium, Mg		29		1		1		8	57	
Phosphorus, P	_	546	21.530			1		155	1082	
Potassium, K	_	121		8		1		34	239	
Sodium, Na	_	819		3		1		232	1622	
Zinc, Zn	_	3.90		1		1		1.11	7.72	
Copper, Cu		0.036		0		1		0.010	0.071	
Manganese, Mn	_	0.011		0	CAZN	1 4		0.003	0.022 28.7	
Selenium, Se	µg	14.5		U	CAZN	4		4.1	28.7	
<u>'itamins:</u> Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	_	0.030		1		1		0.009	0.059	
	-	0.030	0.014			1		0.009	0.661	
Riboflavin	_	0.063	0.014			1		0.018	0.125	
Pantothenic acid	_	0.340	0.052			1		0.016	0.125	
Vitamin B-6		0.080	0.005			1		0.023	0.073	
Folate, total	_	21	2.594			1		6	41	
Folic acid		0	2.331	0	z	7		0	0	
Folate, food		21	2.594		_	1		6	41	
Folate, DFE		21	2.331	0	NC	4		6	41	
Choline, total		15.4		0	Т	4		4.4	30.5	
Betaine				-	_	_			3313	
Vitamin B-12	_	1.54		0		4		0.44	3.04	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		165		0	NC	4		47	326	
Retinol		164		0	T	4		46	325	
Carotene, beta		10		0	NR	4		3	20	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		563		0	NC	4		160	1115	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.24		0	BFFN	4		0.07	0.47	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.5		0	AS	1		0.1	1.0	
Vitamin D	<u>I</u> U	20		0	BFFN	4		6	40	
Vitamin K (phylloquinone)	µg	2.3		0	BFFN	4		0.6	4.5	
Dihydrophylloquinone										

	An	ount in 1	00 gram s Num ber		ble porti	<u>on</u>		dible portion of	
Nutrients and Units	Mean	Std. Erro		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 17.6	14	0		1		4.994	34.876	
4:0	•		1		1		0.283	1.978	
6:0	g 0.6	40	1		1		0.181	1.267	
8:0	g 0.4	27	1		1		0.121	0.845	
10:0	-		1		1		0.260	1.818	
12:0	-	11	1		1		0.343	2.398	
13:0	-				_				
14:0	-	40	1		1		0.862	6.019	
15:0 16:0	_	51	1		1		1.942	13.565	
17:0	•	J1	_		_		1.942	13.565	
18:0		18	1		1		0.827	5.778	
20:0	=								
22:0									
24:0	g								
Fatty acids, total monounsaturated		47	0		1		2.196	15.339	
14:1	-								
15:1	-				_				
16:1 undifferentiated		89	1		1		0.252	1.760	
17:1 18:1 undifferentiated		88	1		1		1.811	12.648	
20:1	•		0		1		0.000	0.000	
22:1 undifferentiated	•		0		1		0.000	0.000	
24:1 c	•								
Fatty acids, total polyunsaturated		57	0		1		0.186	1.301	
18:2 undifferentiated		63	1		1		0.075	0.521	
18:3 undifferentiated	g 0.3	94	1		1		0.112	0.780	
18:4	=	00	0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated		••			_				
20:4 undifferentiated	-		0		1 1		0.000	0.000	
20:5 n-3 (EPA)	-	00	U		1		0.000	0.000	
22:4	•								
22:5 n-3 (DPA)	-	00	0		1		0.000	0.000	
22:6 n-3 (DHA)	•		0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterol			1		1		32	226	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q 0.3	52	0		4		0.100	0.697	
Threonine	-		0		1		0.264	1.841	
Isoleucine	•		0		1		0.370	2.586	
Leucine	•		0		1		0.727	5.077	
Lysine	-	54	0		1		0.752	5.255	
Methionine	g 0.7	19	0		1		0.204	1.424	
Cystine	g 0.2	54	0		4		0.072	0.503	
Phenylalanine			0		1		0.406	2.833	
Tyrosine	-		0		1		0.412	2.879	
Valine	-		0		1		0.512	3.576	
Arginine	-		0		1		0.273	1.905	
Histidine	-		0		1		0.293	2.043	
Alanine			0		1 1		0.216 0.494	1.509	
Aspartic acid	•		0		1		1.740	3.451 12.151	
Glutamic acid	•		0		1		0.137	0.960	
Proline	•		0		1		0.920	6.425	
Serine	•		0		1		0.438	3.057	
Hydroxyproline			-						
Others:	g 0.0		0		7		0.0	0.0	
Alcohol, ethyl	-		0	Z	7		0.0	0.0 0	
Carrenie	9		U	4	,		U	U	

NDB No. 01022 Cheese, gouda

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

Nutrients and Units

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Code

Measure 3

0

Measure 1

Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 package (7 oz)

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	ams	Amount in	Amount in edible portion of common			
			Nur	nber				easures of fo	
						Source Confide	nce		
Nutrients and Un	its	Mean St	d. Error Po			Code Code		Measure 2	Measure
Proximates: Water	а	33.19	0.598	12		1	9.41	9.29	4.98
Energy		413		0	NC	4	117	116	62
Energy		1728		0		4	490	484	259
Protein (N x 6.38)		29.81	0.292	7		1	8.45	8.35	4.47
Total lipid (fat)		32.34		5		1	9.17	9.06	4.85
Ash	_	4.30		1		1	1.22	1.20	0.65
Carbohydrate, by difference	_	0.36		0	NC	4	0.10	0.10	0.05
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0
Sugars, total		0.36		0	NR	4	0.10	0.10	0.05
Starch		0.50		ŭ	1120	-	0.10	0.10	0.03
Minerals:									
Calcium, Ca	mg	1011	48.952	3		1	287	283	152
Iron, Fe	_	0.17		0		4	0.05	0.05	0.03
Magnesium, Mg	_	36		0		4	10	10	5
Phosphorus, P		605	52.818	3		1	172	169	91
Potassium, K	mg	81		1		1	23	23	12
Sodium, Na	mg	714		0	NR	4	202	200	107
Zinc, Zn	mg	3.90		0		4	1.11	1.09	0.59
Copper, Cu	mg	0.032		0		1	0.009	0.009	0.00
Manganese, Mn	mg	0.017		0		1	0.005	0.005	0.00
Selenium, Se	µg	14.5		0	CAZN	4	4.1	4.1	2.2
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0		0		1	0.0	0.0	0.0
Thiamin	mg	0.060		2		1	0.017	0.017	0.00
Riboflavin	mg	0.279	0.042	3		1	0.079	0.078	0.04
Niacin	mg	0.106	0.013	10		1	0.030	0.030	0.01
Pantothenic acid	mg	0.562	0.056	6		1	0.159	0.157	0.08
Vitamin B-6	mg	0.081	0.002	46		1	0.023	0.023	0.01
Folate, total	µg	10	1.218	51		1	3	3	2
Folic acid	µg	0		0	Z	7	0	0	0
Folate, food	µg	10	1.218	51		1	3	3	2
Folate, DFE	µg	10		0	NC	4	3	3	2
Choline, total	mg	15.4		0	T	4	4.4	4.3	2.3
Betaine	mg								
Vitamin B-12	µg	1.60	0.559	12		1	0.45	0.45	0.24
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE	µg	271		0	NC	4	77	76	41
Retinol	µg	268		0	T	4	76	75	40
Carotene, beta	µg	33		0	NR	4	9	9	5
Carotene, alpha	µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7	0	0	0
Vitamin A, IU	IU	948		0	NC	4	269	266	142
Lycopene	µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.28		0	BFFN	4	0.08	0.08	0.04
Vitamin E, added	mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Tocotrienol, alpha									
Tocotrienol, beta	mg								
Tocotrienol, gamma	mg								
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)	µg	0.6		0	AS	1	0.2	0.2	0.1
Vitamin D	IU	24		0	BFFN	4	7	7	4
Vitamin K (phylloquinone)	µg	2.7		0	BFFN	4	0.8	0.8	0.4
Dihydrophylloquinone	µg								
Menaquinone-4									

	<u>Am</u>	ount in 10	00 grams Number		ble porti	<u>on</u>		dible portion of easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>					_				
Fatty acids, total saturated			0 1		1 1		5.362 0.297	5.296 0.294	2.837 0.157
6:0	•		1		1		0.237	0.294	0.137
8:0	•		1		1		0.101	0.099	0.053
10:0	=	51	1		1		0.213	0.210	0.113
12:0	g 0.9	L1	1		1		0.258	0.255	0.137
13:0	-								
14:0	-	59	1		1		0.955	0.943	0.505
15:0 16:0	-	: 2	1		1		2.481	2.451	1.313
17:0	•	,,	_		_		2.401	2.431	1.313
18:0	=	24	1		1		0.659	0.651	0.349
20:0									
22:0	g								
24:0					_				
Fatty acids, total monounsaturated		13	0		1		2.847	2.812	1.506
14:1 15:1	-								
16:1 undifferentiated	-	24	1		1		0.205	0.203	0.109
17:1	-								
18:1 undifferentiated	g 8.5	32	1		1		2.433	2.403	1.287
20:1	-		0		1		0.000	0.000	0.000
22:1 undifferentiated	•	00	0		1		0.000	0.000	0.000
24:1 c	-		0		1		0 401	0.405	0.260
Fatty acids, total polyunsaturated 18:2 undifferentiated			1		1		0.491 0.369	0.485 0.364	0.260 0.195
18:3 undifferentiated	-		1		1		0.123	0.304	0.065
18:4	-		0		1		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated	g								
20:4 undifferentiated	-		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	-	00	0		1		0.000	0.000	0.000
21:5	-								
22:5 n-3 (DPA)	•	00	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	•		0		1		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol	mg 110		0		1		31	31	17
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.4	21	0		1		0.119	0.118	0.063
Threonine	g 1.0	39	0		1		0.309	0.305	0.163
Isoleucine			0		1		0.457	0.451	0.242
Leucine	•		0		1		0.879	0.869	0.465
Lysine Methionine	=		0 0		1 1		0.768 0.233	0.759 0.230	0.407 0.123
Cystine	•		0		1		0.233	0.230	0.123
Phenylalanine			0		1		0.494	0.488	0.261
Tyrosine	•		0		1		0.503	0.497	0.266
Valine	g 2.2	13	0		1		0.636	0.628	0.336
Arginine	g 0.9	72	0		1		0.276	0.272	0.146
Histidine			0		1		0.317	0.313	0.168
Alanine			0 0		1 1		0.272 0.466	0.268	0.144
Aspartic acid			0		1		1.696	0.461 1.675	0.247 0.897
Glutamic acid	•		0		1		0.151	0.149	0.897
Proline	•		0		1		1.097	1.083	0.580
Serine	•		0		1		0.487	0.481	0.258
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0		0		7		0.0	0.0	0.0
Caffeine	-		0	z	7		0	0	0

NDB No. 01023 Cheese, gruyere

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 28g: 1 slice (1 oz) Measure 3 = 15.0g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Alliou	nt in 100 gr	aiiis	or eun	ole portion		Amount in edible portion of common		
			Nun	nber				<u>m</u>	easures of foo	<u>od</u>
			of l	Data	Deriv	Source Co	nfidence			
Nutrients and Uni	ite	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure
Nutrients and on		Wearr St	и. <u>Штог</u> т с					Weasure i	Weasure 2	Wicasure
Proximates:										
Water	g	48.42		26		1		64.88	13.73	8.72
Energy	kcal	327		0	NC	4		438	93	59
Energy	kJ	1368		0	NC	4		1834	388	246
Protein (N x 6.38)		20.05	0.487	4		1		26.87	5.68	3.61
Total lipid (fat)		27.25	0.313	6		1		36.52	7.73	4.91
Ash		3.79	0.088	4		1		5.08	1.07	0.68
Carbohydrate, by difference	-	0.49		0	NC	4		0.66	0.14	0.09
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		0.49		0	NR	4		0.66	0.14	0.09
Starch									***	
Starch										
Minerals:										
Calcium, Ca	mg	497	100.812	3		1		666	141	89
Iron, Fe	_	0.13		1		1		0.17	0.04	0.02
Magnesium, Mg		21		1		1		28	6	4
Phosphorus, P		393		2		1		527	111	71
Potassium, K	-	128		1		1		172	36	23
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	800		1		1		1072	227	144
Zinc, Zn		2.10		1		1		2.81	0.60	0.38
Copper, Cu		0.021		0		1		0.028	0.006	0.0
Manganese, Mn		0.038		0		1		0.051	0.011	0.0
Selenium, Se	µg	14.5		0	CAZN	4		19.4	4.1	2.6
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin	-	0.080		1		1		0.107	0.023	0.01
Riboflavin	-	0.503	0.102	3		1		0.674	0.143	0.09
Niacin	-	0.158	0.016			1		0.212	0.045	0.02
Pantothenic acid	-	1.177				1		1.577	0.334	0.21
Vitamin B-6	-	0.086	0.007	23		1		0.115	0.024	0.01
Folate, total	-	58	5.300	25		1		77	16	10
Folic acid		0		0	z	7		0	0	0
Folate, food		58	5.300	25	_	1		77	16	10
Folate, DFE		58	3,300	0	NC	4		77	16	10
Choline, total		15.4		0	Т	4		20.6	4.4	2.8
Betaine	_	13.1		·	-	-		20.0	1.1	2.0
Vitamin B-12		1.04		1		1		1.39	0.29	0.19
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		340		0	NC	4		456	96	61
Retinol		339		0	T	4		454	96	61
Carotene, beta		15		0	NR	4		20	4	3
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	, 7		0	0	0
Vitamin A, IU		1155		0	NC	4		1548	327	208
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.23		0	BFFN	4		0.31	0.07	0.04
Vitamin E (alpha-tocopheror)		0.00		0	Z	7		0.00	0.00	0.00
		0.00		U	4	,		0.00	0.00	0.00
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, alpha										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.5		0	AS	1		0.7	0.1	0.1
		20		0	BFFN	4		27	6	4
Vitamin D		2.3		0	BFFN	4		3.0		0.4
Vitamin K (phylloquinone)		2.3		J	DEFN	-		3.0	0.6	0.4
Dihydrophylloquinone	µg µg									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portion	Amount in a	edible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>			•		_			2 22 4
Fatty acids, total saturated	-	746 303	0 1		1 1	22.440 1.076	4.747 0.228	3.014 0.145
6:0			1		1	0.655	0.139	0.088
8:0		275	1		1	0.369	0.078	0.050
10:0	.0	181	1		1	0.645	0.136	0.087
12:0	.0	370	1		1	1.166	0.247	0.157
13:0 14:0	-	707	1		1	3.735	0.790	0.502
15:0	-	707	_		-	3.735	0.790	0.302
16:0	-	101	1		1	9.917	2.098	1.332
17:0								
18:0	.0	054	1		1	4.092	0.866	0.550
20:0 22:0								
24:0	-							
Fatty acids, total monounsaturated		506	0		1	11.532	2.440	1.549
14:1	.g							
15:1								
16:1 undifferentiated	-	013	1		1	1.357	0.287	0.182
17:1		179	1		1	9.620	2.035	1.292
20:1			0		1	0.000	0.000	0.000
22:1 undifferentiated	-		0		1	0.000	0.000	0.000
24:1 c	.g							
Fatty acids, total polyunsaturated			0		1	0.663	0.140	0.089
18:2 undifferentiated	-		1		1	0.454	0.096	0.061
18:3 undifferentiated 18:4		L56 100	1 0		1 1	0.209 0.000	0.044 0.000	0.028 0.000
20:2 n-6 c,c		000	U		-	0.000	0.000	0.000
20:3 undifferentiated								
20:4 undifferentiated	.g 0.0	000	0		1	0.000	0.000	0.000
20:5 n-3 (EPA)		000	0		1	0.000	0.000	0.000
21:5	-							
22:4 22:5 n-3 (DPA)	-	000	0		1	0.000	0.000	0.000
22:6 n-3 (DHA)	.0		0		1	0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol	.mg 90		1		1	121	26	16
Phytosterols	mg							
Amino Acids:								
Tryptophan	g 0.:	289	0		1	0.387	0.082	0.052
Threonine		739	0		1	0.990	0.210	0.133
Isoleucine		219	0 0		1 1	1.633 2.805	0.346	0.219
LeucineLysine		093 575	0		1	2.245	0.593 0.475	0.377 0.302
Methionine		519	0		1	0.829	0.175	0.302
Cystine		110	0		4	0.147	0.031	0.020
Phenylalanine	g 1.:	L16	0		1	1.495	0.316	0.201
Tyrosine		L97	0		1	1.604	0.339	0.215
Valine	5	139 598	0 0		1 1	1.928	0.408	0.259
Arginine Histidine	.0	578	0		1	0.935 0.775	0.198 0.164	0.126 0.104
Alanine		566	0		1	0.892	0.189	0.120
Aspartic acid	-	177	0		1	1.979	0.419	0.266
Glutamic acid		510	0		1	6.043	1.279	0.812
Glycine		109	0		1	0.548	0.116	0.074
Proline		139	0		1	3.268	0.691	0.439
Serine		L44	0		1	1.533	0.324	0.206
	⊌							
Others:	_		_		_	• •		
Alcohol, ethyl	-	J	0	z	7 7	0.0 0	0.0 0	0.0 0
Caffeine	9		U	Z	,	U	U	U

NDB No. 01024 Cheese, limburger

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 cup Measure 2 = 28.35g: 1 oz Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Am	ount in 100	grams	s or edil	ole portio	<u>n</u>	Amount in edible portion of common		
			ı	Num be	r			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source (Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.10)	0		1		83.29	71.30	17.89
Energy	kcal	173		0	NC	4		228	195	49
Energy	kJ	724		0		4		955	818	205
Protein (N x 6.38)	g	24.35	0.2	56 62		1		32.14	27.52	6.90
Total lipid (fat)	g	7.00)	0		1		9.24	7.91	1.98
Ash	g	3.64	0.1	.11 95		1		4.80	4.11	1.03
Carbohydrate, by difference	g	1.91		0	NC	4		2.52	2.16	0.54
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	0.52	!	0	BFNN	4		0.69	0.59	0.15
Starch										
Minerals:										
Calcium, Ca	ma	415		0		1		548	469	118
Iron. Fe	-	0.42	:	0		1		0.55	0.47	0.12
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	16	-	0		1		21	18	5
Phosphorus, P		484	9.8	-		1		639	547	137
Potassium, K		66	,,,,	0		1		87	75	19
Sodium, Na	-	873		0	NR	4		1152	986	247
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	1.82	!	0		1		2.40	2.06	0.52
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.02		0		1		0.028	0.024	0.00
Manganese, Mn		0.00		0		1		0.008	0.007	0.00
Selenium, Se		14.5		0	CAZN	4		19.1	16.4	4.1
,				·	0.1.2.1	-		-21-		
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	_	0		1		0.0	0.0	0.0
Thiamin	_	0.01		0		1		0.016	0.014	0.00
Riboflavin	-	0.22		0		1		0.292	0.250	0.06
Niacin	-	0.05		0		1		0.067	0.058	0.01
Pantothenic acid	-	0.18		0		1		0.242	0.207	0.05
Vitamin B-6	-	0.04	:5	0		1		0.059	0.051	0.01
Folate, total		11		0		1		15	12	3
Folic acid		0		0	Z	7		0	0	0
Folate, food		11		0		1		15	12	3
Folate, DFE		11		0	NC	4		15	12	3
Choline, total		15.4		0	T	4		20.3	17.4	4.4
Betaine										
Vitamin B-12		0.49		0		1		0.65	0.55	0.14
Vitamin B-12, added		0.00)	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		60		0	NC	4		80	68	17
Retinol	µg	60		0	T	4		79	68	17
Carotene, beta		4		0	NR	4		5	5	1
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU	<u>I</u> U	207		0	NC	4		273	234	59
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.06		0	BFFN	4		0.08	0.07	0.02
Vitamin E, added	mg	0.00)	0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.1		0	AS	1		0.2	0.1	0.0
Vitamin D	<u></u> IU	5		0	BFFN	4		7	6	1
Vitamin K (phylloquinone)	µg	0.6		0	BFFN	4		0.8	0.7	0.2
Dihydrophylloquinone	µg									
Menaquinone-4										

	<u>An</u>	nount in 10	00 grams	of edi	ble portion	Amount in	Amount in edible portion of common			
				NI I				easures of foo		
				Number			_	casares or roc	<u>,u</u>	
						Source Confiden				
Nutrients and Units		Mean	Std. Erro	Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Tinia										
Lipids:	a	4.3	142	0		1	5.731	4.906	1.231	
Fatty acids, total saturated		0.2		0		1	0.293	0.251	0.063	
6:0	•	0.0		0		1	0.083	0.071	0.018	
8:0	-	0.0		0		1	0.095	0.081	0.020	
10:0	-	0.1	.37	0		1	0.181	0.155	0.039	
12:0		0.1	.01	0		1	0.133	0.114	0.029	
13:0	g									
14:0	_	0.8	889	0		1	1.173	1.005	0.252	
15:0	-									
16:0	-	1.9	084	0		1	2.619	2.242	0.562	
17:0 18:0.		0.8	173	0		1	1.152	0.986	0.247	
20:0		0.0	173	U		1	1.152	0.986	0.247	
22:0										
24:0										
Fatty acids, total monounsaturated		2.0	82	0		1	2.748	2.353	0.590	
14:1	g									
15:1	g									
16:1 undifferentiated	-	0.2	231	0		1	0.305	0.261	0.065	
17:1						_				
18:1 undifferentiated	-	1.8		0		1	2.443	2.092	0.525	
20:1	-	0.0		0		4 4	0.000	0.000	0.000	
22:1 undifferentiated	•	0.0	100	U		4	0.000	0.000	0.000	
Fatty acids, total polyunsaturated	-	0.2	222	0		1	0.293	0.251	0.063	
18:2 undifferentiated		0.1		0		1	0.206	0.176	0.044	
18:3 undifferentiated	-	0.0		0		1	0.088	0.076	0.019	
18:4		0.0		0		4	0.000	0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated		0.0		0		4	0.000	0.000	0.000	
20:5 n-3 (EPA)		0.0	000	0		4	0.000	0.000	0.000	
21:5	-									
22:4		0.0	.00	•		4	0.000	0 000	0.000	
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-	0.0		0		4 4	0.000	0.000	0.000	
Fatty acids, total trans		0.0	700	U		7	0.000	0.000	0.000	
Cholesterol		21		0		1	28	24	6	
Phytosterols				-		_			-	
•	0									
Amino Acids:	_					_				
Tryptophan	-	0.2 0.7		0 0		1 1	0.378	0.323 0.902	0.081	
Threonine Isoleucine		1.3		0		1	1.053 1.833	1.570	0.226 0.394	
Leucine	-	2.1		0		1	2.831	2.424	0.608	
Lysine	_	1.8		0		1	2.463	2.109	0.529	
Methionine	-	0.5		0		1	0.776	0.664	0.167	
Cystine	-	0.1		0		1	0.147	0.125	0.031	
Phenylalanine	-	1.1	.79	0		1	1.556	1.332	0.334	
Tyrosine		1.0	080	0		1	1.426	1.220	0.306	
Valine	g	1.4	96	0		1	1.975	1.690	0.424	
Arginine	g	0.8	347	0		1	1.118	0.957	0.240	
Histidine		0.7		0		1	1.038	0.888	0.223	
Alanine	-	0.6		0		1	0.836	0.715	0.179	
Aspartic acid		1.4		0		1	1.899	1.626	0.408	
Glutamic acid		5.4		0		1 1	7.234	6.192	1.554	
Glycine Proline		0.3 2.5		0		1	0.508 3.334	0.435 2.854	0.109 0.716	
Serine	_	1.3		0		1	1.728	1.479	0.716	
Hydroxyproline	-	1.3		Ū		-	1.720	1,17	0.5/1	
Others:	~	<u>.</u> -		_		-				
Alcohol, ethyl	_	0.0)	0	_	7	0.0	0.0	0.0	
Caffeine	mg	0		0	Z	7	0	0	0	

NDB No. 01168 Cheese, low fat, cheddar or colby

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	ount in 100	yı am s	or eall	ne horgon	Amount in edible portion of common			
			N	um be	r		<u>m</u>	easures of fo	od_	
			o	f Data	Deriv	Source Confidence	Э			
Nutrients and Uni	its	Mean S	Std. Error	oints	Code	Code Code	Measure 1	Measure 2	Measure	
Nati lents and on		Weari (J. G. 101				Micasure i	Medsure 2	Measure	
Proximates:										
Water	g	38.98		0		4	51.45	44.05	11.05	
Energy	kcal	398		0	NC	4	525	450	113	
Energy	kJ	1666		0	NC	4	2199	1882	472	
Protein (N x 6.38)		24.35	0.25	6 62		1	32.14	27.52	6.90	
Total lipid (fat)		32.62	0.20	7 138		1	43.06	36.86	9.25	
Ash		2.13		0		4	2.81	2.41	0.60	
Carbohydrate, by difference	g	1.91		0	NC	4	2.52	2.16	0.54	
Fiber, total dietary		0.0		0		7	0.0	0.0	0.0	
Sugars, total		0.49		0	BFNN	4	0.65	0.56	0.14	
Starch										
Minerals:										
	ma	703	0 47	0 10		1	020	704	100	
Calcium, Ca	_	0.72	9.47	8 49 6 14		1	928 0.95	794 0.81	199 0.20	
Magnesium, Mg		27		3 37		1	36	31	8	
Phosphorus, P		484	9.86			1	639	547	137	
Potassium, K		112		2 76		1	148	127	32	
Sodium, Na		21	0.00	0		1	28	24	6	
Zinc. Zn	-	3.09	0.10	1 15		1	4.08	3.49	0.88	
Copper, Cu		0.036		0		1	0.048	0.041	0.01	
Manganese, Mn		0.011	L	0		1	0.015	0.012	0.00	
Selenium, Se		14.5		0	CAZN	4	19.1	16.4	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1	0.0	0.0	0.0	
Thiamin	_	0.021	L 0.00			1	0.028	0.024	0.00	
Riboflavin	_	0.375				1	0.495	0.424	0.10	
Niacin	_	0.086		2 61		1	0.114	0.097	0.02	
Pantothenic acid	_	0.311	L 0.01	9 39		1	0.411	0.351	0.08	
Vitamin B-6	_	0.076	0.01	2 88		1	0.100	0.086	0.02	
Folate, total	µg	18	1.45	9 13		1	24	20	5	
Folic acid		0		0	Z	7	0	0	0	
Folate, food	µg	18	1.45	9 13		1	24	20	5	
Folate, DFE	µg	18		0	NC	4	24	20	5	
Choline, total	mg	15.4		0	T	4	20.3	17.4	4.4	
Betaine	mg									
Vitamin B-12	µg	0.83	0.04	7 28		1	1.10	0.94	0.24	
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE	µg	264		0	NC	4	348	298	75	
Retinol	µg	257		0	T	4	339	290	73	
Carotene, beta		84		0	BFFN	4	110	95	24	
Carotene, alpha		0		0	Z	7	0	0	0	
Cryptoxanthin, beta		0		0	Z	7	0	0	0	
Vitamin A, IU		996		0	NC	4	1315	1126	282	
Lycopene		0		0	Z	7	0	0	0	
Lutein + zeaxanthin		0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol)		0.28		0	BFFN	4	0.37	0.32	0.08	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0		^	3.0	1	^ 0	^ 5		
Vitamin D (D2 + D3)		0.6		0	AS	1	0.8	0.7	0.2	
Vitamin D		24		0	BFFN	4	32	27	7	
Vitamin K (phylloquinone)		2.7		0	BFFN	4	3.6	3.1	0.8	
Dihydrophylloquinone	µg									

	<u>Aı</u>	mount in 1	00 grams	of edik	ole portion	Amount in	Amount in edible portion of common			
			Number				easures of foo			
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confidence Code Code		Measure 2	Measure 3		
Lipids:										
Fatty acids, total saturated			0		1	27.414	23.468	5.888		
4:0		079	0		1	1.424	1.219	0.306		
6:0		546 288	0		1 1	0.721 0.380	0.617 0.325	0.155 0.082		
8:0 10:0	=	200 619	0		1	0.380	0.325	0.082		
12:0		558	0		1	0.737	0.631	0.158		
13:0										
14:0	g 3	435	0		1	4.534	3.882	0.974		
15:0	=									
16:0	=	111	0		1	13.347	11.425	2.866		
17:0 18:0		133	0		1	5.456	4.670	1.172		
20:0		133	U		_	3.430	1.070	1.1/2		
22:0	_									
24:0	g									
Fatty acids, total monounsaturated		189	0		1	12.129	10.384	2.605		
14:1										
15:1 16:1 undifferentiated		036	0		1	1.368	1.171	0.294		
16:1 undifferentiated	_	030	U		1	1.300	1.1/1	0.294		
18:1 undifferentiated		153	0		1	10.762	9.213	2.311		
20:1	=	000	0		1	0.000	0.000	0.000		
22:1 undifferentiated	g 0.	000	0		1	0.000	0.000	0.000		
24:1 c	=									
Fatty acids, total polyunsaturated		972	0		1	1.283	1.098	0.276		
18:2 undifferentiated		595 376	0		1 1	0.785 0.496	0.672	0.169 0.107		
18:3 undifferentiated		000	0		1	0.496	0.425 0.000	0.000		
20:2 n-6 c,c		000	Ū		-	0.000	0.000	0.000		
20:3 undifferentiated										
20:4 undifferentiated	g 0.	000	0		1	0.000	0.000	0.000		
20:5 n-3 (EPA)	g 0.	000	0		1	0.000	0.000	0.000		
21:5	=									
22:4 22:5 n-3 (DPA)	-	000	0		1	0.000	0.000	0.000		
22:5 n-3 (DHA)		000	0		1	0.000	0.000	0.000		
Fatty acids, total trans			-		_	0.000				
Cholesterol		1	.687 13		1	132	113	28		
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0.:	286	0		1	0.378	0.323	0.081		
Threonine		798	0		1	1.053	0.902	0.226		
Isoleucine	g 1.	389	0		1	1.833	1.570	0.394		
Leucine		145	0		1	2.831	2.424	0.608		
Lysine	5	866	0		1	2.463	2.109	0.529		
Methionine		588 111	0		1 1	0.776 0.147	0.664 0.125	0.167 0.031		
Phenylalanine		179	0		1	1.556	1.332	0.334		
Tyrosine		080	0		1	1.426	1.220	0.306		
Valine		496	0		1	1.975	1.690	0.424		
Arginine	g 0.:	847	0		1	1.118	0.957	0.240		
Histidine		786	0		1	1.038	0.888	0.223		
Alanine	=	633	0		1	0.836	0.715	0.179		
Aspartic acidGlutamic acid		439 480	0		1 1	1.899 7.234	1.626 6.192	0.408 1.554		
Glycine		385	0		1	0.508	0.435	0.109		
Proline		526	0		1	3.334	2.854	0.716		
Serine		309	0		1	1.728	1.479	0.371		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0.	0	0		7	0.0	0.0	0.0		
Caffeine	mg 0		0	z	7	0	0	0		

NDB No. 01169

Cheese, low-sodium, cheddar or colby

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Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in	100 grams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of fo	od_	
						Source C	onfidence				
Nutrients and Un	its	Mean	Std. Erre	or Points			Code	Measure 1	Measure 2	Measure	
Proximates: Water	а	38.0	6	2		1		50.24	10.79		
Energy		373		0	NC	4		492	106		
Energy		1561		0	NC	4		2060	442		
Protein (N x 6.38)		21.4	4	2		1		28.30	6.08		
Total lipid (fat)		29.9	8	2		1		39.57	8.50		
Ash	-	5.8	9	2		1		7.77	1.67		
Carbohydrate, by difference	-	4.6	3	0	NC	4		6.11	1.31		
Fiber, total dietary		0.0		0		7		0.0	0.0		
Sugars, total		4.6		0	NR	4		6.11	1.31		
Starch			_	-		_					
Minerals:											
Calcium, Ca	mg	680		2		1		898	193		
Iron, Fe	-	0.4	7	2		1		0.62	0.13		
Magnesium, Mg	mg	28		2		1		37	8		
Phosphorus, P	mg	444		2		1		586	126		
Potassium, K	-	87		2		1		115	25		
Sodium, Na	-	1131		3.589 4		1		1493	321		
Zinc, Zn	-	2.9		2		1		3.88	0.83		
Copper, Cu		0.0		2		1		0.011	0.002		
Manganese, Mn	-	0.0	37	2		1		0.049	0.010		
Selenium, Se	µg	14.5		0	CAZN	4		19.1	4.1		
Vitamins:	ma	0.0		0		1		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.0	20	2		1		0.026	0.006		
Riboflavin	-	0.0		2		1		0.026	0.059		
Niacin	-	0.0		2		1		0.042	0.009		
Pantothenic acid	-	0.2		2		1		0.333	0.003		
Vitamin B-6		0.0		2		1		0.062	0.013		
Folate, total	-	1		2		1		1	0		
Folic acid		0		0	z	7		0	0		
Folate, food		1		2		1		1	0		
Folate, DFE		1		0	NC	4		1	0		
Choline, total		15.4		0	T	4		20.3	4.4		
Betaine	mg										
Vitamin B-12	µg	1.3	8	2		1		1.82	0.39		
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	64		0	NC	4		85	18		
Retinol	µg	64		0	T	4		84	18		
Carotene, beta	µg	4		0	NR	4		5	1		
Carotene, alpha	µg	0		0	Z	7		0	0		
Cryptoxanthin, beta	µg	0		0	Z	7		0	0		
Vitamin A, IU	<u>JU</u>	220		0	NC	4		290	62		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin	µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.2		0	BFFN	4		0.34	0.07		
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00		
Tocopherol, beta	-										
Tocopherol, gamma	-										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		^ -		^	3.0	1		^ =			
Vitamin D (D2 + D3)		0.5		0	AS	1		0.7	0.2		
Vitamin D		22		0	BFFN	4		29	6		
Vitamin K (phylloquinone)		2.5		0	BFFN	4		3.3	0.7		
Dihydrophylloquinone	µg										

	<u>Am</u>	ount in 10	0 gram s	of edi	ble portion	Amount in 6	Amount in edible portion of common		
			Number				easures of foo		
					Source Confidence				
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturated	19.0	33	0		1	25.124	5.396		
4:0g	0.9		0		1	1.197	0.257		
6:0g	0.4	74	0		1	0.626	0.134		
8:0g	0.2	56	0		1	0.338	0.073		
10:0g	0.5	57	0		1	0.735	0.158		
12:0g	0.5	08	0		1	0.671	0.144		
13:0g									
14:0g	3.1	53	0		1	4.162	0.894		
15:0g	9.3	40	0		1	10 200	0.640		
16:0g 17:0g	9.3	40	U		1	12.329	2.648		
17:0g 18:0g	3.8	38	0		1	5.066	1.088		
20:0	3.0	50	ŭ		=	3.000	1.000		
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	8.5	28	0		1	11.257	2.418		
14:1g									
15:1g									
16:1 undifferentiated	0.9	57	0		1	1.263	0.271		
17:1g									
18:1 undifferentiatedg	7.5		0		1	9.994	2.146		
20:1g	0.0		0		1	0.000	0.000		
22:1 undifferentiatedg	0.0	00	0		1	0.000	0.000		
24:1 c		0.1	•						
Fatty acids, total polyunsaturatedg	0.9		0		1	1.189	0.255		
18:2 undifferentiated	0.5		0		1 1	0.729	0.156		
18:3 undifferentiatedg 18:4g	0.0		0		1	0.461 0.000	0.099 0.000		
20:2 n-6 c,cg	0.0	00	U		-	0.000	0.000		
20:3 undifferentiated									
20:4 undifferentiatedg	0.0	00	0		1	0.000	0.000		
20:5 n-3 (EPA)g	0.0	00	0		1	0.000	0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		1	0.000	0.000		
22:6 n-3 (DHA)g	0.0	00	0		1	0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	105		1		1	139	30		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.2	15	0		1	0.284	0.061		
Threonineg	0.7	31	0		1	0.965	0.207		
Isoleucineg	1.0	54	0		1	1.391	0.299		
Leucineg	2.0	17	0		1	2.662	0.572		
Lysineg	1.4	52	0		1	1.917	0.412		
Methionineg	0.5	41	0		1	0.714	0.153		
Cystineg	0.0	84	0		1	0.111	0.024		
Phenylalanineg	1.1	19	0		1	1.477	0.317		
Tyrosineg	1.1		0		1	1.571	0.337		
Valineg	1.3		0		1	1.766	0.379		
Arginineg	0.6		0		1	0.923	0.198		
Histidineg	0.6		0		1	0.896	0.192		
Alanineg	0.6		0		1	0.816	0.175		
Aspartic acid	1.3		0		1	1.761	0.378		
Glutamic acid	4.7 0.2		0		1	6.295 0.391	1.352		
Glycine9 Proline	2.1		0		1	2.839	0.084 0.610		
Serineg	1.1		0		1	1.531	0.610		
Hydroxyprolineg	1.1		U		-	1.551	0.329		
Others:									
Alcohol, ethylg	0.0		0		7	0.0	0.0		
Caffeinemg	0		0	Z	7	0	0		

NDB No. 01165 Cheese, mexican, queso anejo

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, crumbled

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		AIII	ount in 100	grains	oi euii	ole hourion		Amount in edible portion of common		
			N	lum ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source Cor	nfidence			
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Nutrients and on	11.5	Wiean	3tu. 🗖 101					Wicasure	Weasure 2	Wicasure
Proximates:										
Water	g	42.1	6	2		1		55.65	47.64	11.95
Energy	kcal	356		0	NC	4		470	402	101
Energy	kJ	1490		0		4		1966	1683	422
Protein (N x 6.38)		22.6	0	2		1		29.83	25.54	6.41
Total lipid (fat)		28.2	6	2		1		37.30	31.93	8.01
Ash		4.1	1	2		1		5.43	4.64	1.17
Carbohydrate, by difference	g	2.8	7	0	NC	4		3.79	3.24	0.81
Fiber, total dietary		0.0		0		7		0.0	0.0	0.0
Sugars, total		2.8		0	NR	4		3.79	3.24	0.81
Starch									5121	
	9									
Minerals:										
Calcium, Ca	-	661		2		1		873	747	187
Iron, Fe	-	0.5	1	2		1		0.67	0.58	0.14
Magnesium, Mg		26		2		1		34	29	7
Phosphorus, P		443		2		1		585	501	126
Potassium, K		86		2		1		114	97	24
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	705	_	0	0	4		931	797	200
Zinc, Zn		3.0		2		1		3.99	3.41	0.86
Copper, Cu	-	0.0		2		1		0.034	0.029	0.00
Manganese, Mn		0.0	36	2		1		0.048	0.041	0.01
Selenium, Se	µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.0	21	2		1		0.028	0.024	0.00
Riboflavin	mg	0.2	23	2		1		0.294	0.252	0.06
Niacin	mg	0.1	81	2		1		0.239	0.205	0.05
Pantothenic acid	mg	0.2	31	2		1		0.305	0.261	0.06
Vitamin B-6	mg	0.0	53	2		1		0.070	0.060	0.01
Folate, total	µg	8		2		1		11	9	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	8		2		1		11	9	2
Folate, DFE		8		0	NC	4		11	9	2
Choline, total	mg	15.4		0	T	4		20.3	17.4	4.4
Betaine	mg									
Vitamin B-12		1.0	0	2		1		1.32	1.13	0.28
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	ug	55		0	NC	4		73	63	16
Retinol		55		0	T	4		73	62	16
Carotene, beta	· -	4		0	NR	4		5	5	1
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		190		0	NC	4		251	215	54
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.2	4	0	BFFN	4		0.32	0.27	0.07
Vitamin E, added		0.0		0	z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.5		0	AS	1		0.7	0.6	0.1
Vitamin D		21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone)		2.4		0	BFFN	4		3.1	2.7	0.7
Dihydrophylloquinone										
Menaquinone-4										

	<u>A</u>	mount in 10	00 grams	of edil	ole portion	Amount in e	edible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confidence Code Code	_	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	.g 17.	939	0		1	23.679	20.271	5.086
4:0		855	0		1	1.129	0.966	0.242
6:0	-	447	0		1 1	0.590	0.505	0.127
8:0 10:0	_	241 525	0		1	0.318 0.693	0.272 0.593	0.068 0.149
12:0		479	0		1	0.632	0.541	0.136
13:0	_							
14:0	g 2.	972	0		1	3.923	3.358	0.843
15:0	_							
16:0		804	0		1	11.621	9.949	2.496
17:0 18:0.	•	617	0		1	4.774	4.087	1.025
20:0		017	·		-	1.,,1	1.007	1.025
22:0								
24:0								
Fatty acids, total monounsaturated	•	038	0		1	10.610	9.083	2.279
14:1 15:1								
16:1 undifferentiated		902	0		1	1.191	1.019	0.256
17:1								
18:1 undifferentiated		136	0		1	9.420	8.064	2.023
20:1	_	000	0		1	0.000	0.000	0.000
22:1 undifferentiated	•	000	0		1	0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturated	_	850	0		1	1.122	0.961	0.241
18:2 undifferentiated		520	0		1	0.686	0.588	0.147
18:3 undifferentiated		329	0		1	0.434	0.372	0.093
18:4	.g 0.	000	0		1	0.000	0.000	0.000
20:2 n-6 c,c	g							
20:3 undifferentiated			•		_			
20:4 undifferentiated		000 000	0		1 1	0.000	0.000 0.000	0.000
20:5 n-3 (EPA)		000	U		1	0.000	0.000	0.000
22:4	_							
22:5 n-3 (DPA)	g 0.	000	0		1	0.000	0.000	0.000
22:6 n-3 (DHA)		000	0		1	0.000	0.000	0.000
Fatty acids, total trans			_		_	1.00		
CholesterolPhytosterols			1		1	139	119	30
-	9							
Amino Acids:	_				_			
Tryptophan Threonine		269 737	0		1 1	0.355 0.973	0.304 0.833	0.076 0.209
Isoleucine		737 225	0		1	1.617	1.384	0.209
Leucine		123	0		1	2.802	2.399	0.602
Lysine		548	0		1	2.043	1.749	0.439
Methionine	g 0.	593	0		1	0.783	0.670	0.168
Cystine	•	103	0		1	0.136	0.116	0.029
Phenylalanine		190	0		1	1.571	1.345	0.337
Tyrosine		061 426	0		1 1	1.401 1.882	1.199 1.611	0.301 0.404
ValineArginine		760	0		1	1.003	0.859	0.215
Histidine	•	694	0		1	0.916	0.784	0.197
Alanine		501	0		1	0.661	0.566	0.142
Aspartic acid	.g 1.	475	0		1	1.947	1.667	0.418
Glutamic acid		072	0		1	6.695	5.731	1.438
Glycine		246	0		1	0.325	0.278	0.070
Proline		403 169	0		1 1	3.172 1.543	2.715 1.321	0.681 0.331
Hydroxyproline	•		U		±	1.543	1.321	0.331
	··•							
Others: Alcohol, ethyl	.g 0.	0	0		7	0.0	0.0	0.0
Caffeine		-	0	z	7	0	0.0	0
	-							

NDB No. 01166

Cheese, mexican, queso asadero

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Am	ount in 10	u gram s	or ear	Amount in 100 grams of edible portion									
				Numbei	•				dible portion easures of fo						
						Source (Confidence								
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3					
_															
Proximates: Water	a	39.1	3	2		1		51.65	44.22	11.09					
Energy		374	3	0	NC	4		494	423	106					
Energy		1567		0	NC	4		2068	1770	444					
Protein (N x 6.38)		21.5	6	2	NC	1		28.46	24.36	6.11					
Total lipid (fat)		29.6		2		1		39.18	33.54	8.41					
Ash		4.0		2		1		5.36	4.59	1.15					
Carbohydrate, by difference		5.5		0	NC	4		7.34	6.28	1.58					
Fiber, total dietary		0.0		0	NC	7		0.0	0.20	0.0					
Sugars, total		5.5		0	NR	4		7.34	6.28	1.58					
Starch		3.3	O	U	MK	-		7.31	0.20	1.30					
Starcii	9														
Minerals:															
Calcium, Ca	<u>mg</u>	651		2		1		859	736	185					
Iron, Fe	_	0.4	7	2		1		0.62	0.53	0.13					
Magnesium, Mg	mg	23		2		1		30	26	7					
Phosphorus, P	-	442		2		1		583	499	125					
Potassium, K		52		2		1		69	59	15					
Sodium, Na		617		112 4		1		814	697	175					
Zinc, Zn		3.5		2		1		4.62	3.96	0.99					
Copper, Cu		0.0		1		1		0.032	0.027	0.00					
Manganese, Mn		0.0 14.5		2 0	CAZN	1 4		0.094 19.1	0.080 16.4	0.02 4.1					
Selenium, Se	µg	14.5		U	CAZN	4		19.1	10.4	4.1					
Vitamins:															
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0					
Thiamin	mg	0.0	18	2		1		0.024	0.020	0.00					
Riboflavin	mg	0.2	25	2		1		0.297	0.254	0.06					
Niacin	mg	0.1	50	2		1		0.198	0.170	0.04					
Pantothenic acid	mg	0.2		2		1		0.368	0.315	0.07					
Vitamin B-6	mg	0.0	55	2		1		0.073	0.062	0.01					
Folate, total	µg	2		2		1		3	2	1					
Folic acid	µg	0		0	Z	7		0	0	0					
Folate, food		2		2		1		3	2	1					
Folate, DFE		2		0	NC	4		3	2	1					
Choline, total	_	15.4		0	T	4		20.3	17.4	4.4					
Betaine	_		_												
Vitamin B-12		1.0		2	_	1		1.36	1.16	0.29					
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	0.00					
Vitamin A, RAE		56 56		0	NC	4		74 74	64	16					
Retinol				0	-	-			63	16					
Carotene, beta		4		0	NR	4 7		5 0	5	1					
Carotene, alpha		0		0	z	7		0	0	0					
Cryptoxanthin, beta		193		0	Z NC	4		255	218	55					
Vitamin A, IU		0		0	NC Z	7		0	0	0					
Lycopene		0		0	Z	7		0	0	0					
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.2	6	0	BFFN	4		0.34	0.29	0.07					
Vitamin E (aipna-tocopneroi) Vitamin E, added		0.2		0	Z	7		0.00	0.29	0.07					
Tocopherol, beta		0.0	•	U	4	,		0.00	0.00	0.00					
Tocopherol, gamma															
Tocopherol, delta															
Tocotrienol, alpha															
Tocotrienol, beta															
Tocotrienol, gamma	_														
Tocotrienol, delta															
Vitamin D (D2 + D3)		0.5		0	AS	1		0.7	0.6	0.2					
Vitamin D		22		0	BFFN	4		29	25	6					
Vitamin K (phylloquinone)		2.5		0	BFFN	4		3.3	2.8	0.7					
Dihydrophylloquinone															
Menaquinone-4															

	An	nount in	100 grams	of edil	ble portion	<u>l</u>		Amount in edible portion of common		
			Number				<u>m</u>	easures of foo	<u>od</u>	
Nutrients and Units	Mean	Std. Err	of Data or Points		Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	g 18.8	343	0		1		24.873	21.293	5.342	
4:0	0		0		1		1.185	1.015	0.255	
6:0	•		0		1		0.620	0.531	0.133	
8:0	•		0		1 1		0.334 0.729	0.286 0.624	0.072 0.156	
12:0	•		0		1		0.729	0.624	0.136	
13:0	-	,05	Ü		-		0.004	0.300	0.145	
14:0	-	21	0		1		4.120	3.527	0.885	
15:0	g									
16:0	g 9.2	247	0		1		12.206	10.449	2.622	
17:0	-									
18:0	-	300	0		1		5.016	4.294	1.077	
20:0	-									
24:0	•									
Fatty acids, total monounsaturated	=	143	0		1		11.145	9.541	2.394	
14:1										
15:1	g									
16:1 undifferentiated		47	0		1		1.250	1.070	0.268	
17:1			•		_				0.105	
18:1 undifferentiated			0		1 1		9.895	8.470	2.125	
20:1			0		1		0.000	0.000 0.000	0.000	
24:1 c	-	,00	Ū		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	=	392	0		1		1.177	1.008	0.253	
18:2 undifferentiated		47	0		1		0.722	0.618	0.155	
18:3 undifferentiated	.g 0.3	346	0		1		0.457	0.391	0.098	
18:4	=	000	0		1		0.000	0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated			0		1		0.000	0.000	0.000	
20:4 undifferentiated 20:5 n-3 (EPA)	-		0		1		0.000	0.000	0.000	
21:5	=	,00	Ü		-		0.000	0.000	0.000	
22:4	-									
22:5 n-3 (DPA)	-	000	0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	.g 0.0	000	0		1		0.000	0.000	0.000	
Fatty acids, total trans										
Cholesterol	-		1		1		139	119	30	
Phytosterols	mg									
Amino Acids:										
Tryptophan			0		1		0.261	0.224	0.056	
Threonine	=		0		1		1.080	0.924	0.232	
Isoleucine			0		1 1		1.420	1.216	0.305	
LeucineLysine	-		0		1		2.662 2.028	2.279 1.736	0.572 0.435	
Methionine			0		1		0.803	0.687	0.172	
Cystine	•		0		1		0.190	0.163	0.041	
Phenylalanine			0		1		1.369	1.172	0.294	
Tyrosine		19	0		1		1.345	1.151	0.289	
Valine	.g 1.2	266	0		1		1.671	1.431	0.359	
Arginine			0		1		1.026	0.878	0.220	
Histidine	-		0		1		0.789	0.676	0.170	
Alanine	-		0		1 1		1.084 1.844	0.928	0.233	
Aspartic acidGlutamic acid			0		1		5.944	1.579 5.088	0.396 1.277	
Glycine	.0		0		1		0.507	0.434	0.109	
Proline			0		1		2.969	2.541	0.638	
Serine	•		0		1		1.472	1.260	0.316	
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	.g 0.0)	0		7		0.0	0.0	0.0	
Caffeine	•		0	Z	7		0	0	0	

NDB No. 01167 Cheese, mexican, queso chihuahua

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Number				m	easures of fo	od
						Source (Confidence			
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	38.00		0	NR	4		1.90		
Energy		366		0	NC NC	4		18		
		1531		0	NC NC	4		77		
Energy				0	NC	8		1.00		
Protein (N x 6.25)		20.00		0						
Total lipid (fat)	=	30.00		-	DEGN	8		1.50		
Ash	_	8.03		0	BFZN	4		0.40		
Carbohydrate, by difference		3.97		0	NC	4		0.20		
Fiber, total dietary		0.0		0		8		0.0		
Sugars, total		0.00		0		8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	-	800		0		8		40		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0		8		0.00		
Magnesium, Mg		38		0	BFZN	4		2		
Phosphorus, P		729		0	BFZN	4		36		
Potassium, K		125		0	BFZN	4		6		
Sodium, Na	-	1400		0		8		70		
Zinc, Zn	_	3.87		0	BFZN	4 4		0.19 0.012		
Copper, Cu		0.23	0	U	BFZN	4		0.012		
Manganese, Mn	-	17.7		0	BFZN	4		0.9		
Selenium, Se	µg	17.7		U	DF ZN	4		0.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0		8		0.0		
Thiamin		0.02		0	BFZN	4		0.001		
Riboflavin	-	0.48		0	BFZN	4		0.024		
Niacin	-	0.11	4	0	BFZN	4		0.006		
Pantothenic acid			_							
Vitamin B-6	-	0.04	9	0	BFZN	4		0.002		
Folate, total		10		0	BFZN	4 4		1 0		
Folic acid		0 10		0	BFZN BFZN	4		1		
Folate, food		10		0	NC NC	4		1		
Folate, DFE		15.4		0	BFZN	4		0.8		
Choline, total		15.4		U	DF ZIN	4		0.8		
Betaine Vitamin B-12	-	2.26		0	BFZN	4		0.11		
Vitamin B-12. added		0.00		0	BFZN	4		0.00		
Vitamin A, RAE		229		0	BFZN	4		11		
Retinol	· -	223		n	BFZN	4		11		
Carotene, beta		73		0	BFZN	4		4		
Carotene, alpha		0		0	BFZN	4		0		
Cryptoxanthin, beta		0		0	BFZN	4		0		
Vitamin A, IU		865		0	NC	4		43		
Lycopene		0		0	BFZN	4		0		
Lutein + zeaxanthin		0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.25		0	BFZN	4		0.01		
Vitamin E, added		0.00		0	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.5		0	BFZN	4		0.0		
Vitamin D		21		0	NR	4		1		
Vitamin K (phylloquinone)		1.9		0	BFZN	4		0.1		
Dihydrophylloquinone										
	-									

	Amount in	100 grams	of edil	Amount in edible portion of common				
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. Er	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	17.500	0	NC	4		0.875		
4:0g	1.583	0	BFFN	4		0.079		
6:0g	0.592	0	BFFN	4		0.030		
8:0g	0.055	0	BFFN	4		0.003		
10:0g	0.544	0	BFFN	4		0.027		
12:0g	0.825	0	BFFN	4		0.041		
13:0g								
14:0g	2.745	0	BFFN	4		0.137		
15:0g								
16:0g	7.747	0	BFFN	4		0.387		
17:0g								
18:0g	3.409	0	BFFN	4		0.170		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	8.333	0	NC	4		0.417		
14:1g								
15:1g								
16:1 undifferentiatedg	0.521	0	BFFN	4		0.026		
17:1g								
18:1 undifferentiatedg	7.627	0	BFFN	4		0.381		
20:1g	0.185	0	BFFN	4		0.009		
22:1 undifferentiatedg	0.000	0	BFFN	4		0.000		
24:1 cg	1 105	0	17.0					
Fatty acids, total polyunsaturated9	1.187 0.989	0	NC	4 4		0.059		
18:2 undifferentiated	0.989	0	BFFN BFFN			0.049 0.010		
	0.199	0	BFFN	4		0.010		
18:4g	0.000	U	BFFN	4		0.000		
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	BFFN	4		0.000		
20:5 n-3 (EPA)	0.000	0	BFFN	4		0.000		
. ,	0.000	U	DFFN	-		0.000		
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0	BFFN	4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0	BFFN	4		0.000		
Fatty acids, total trans	0.000	0	DEFN	8		0.000		
Cholesterolg	100	0		8		5		
Phytosterolsmg	100	J		U		5		
-								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0		
Caffeinemg	0	0	BFZN	4		0		
Theobrominemg	0	0	BFZN	4		0		

Common Measures:

Measure 1 = 5.0g: 2 tsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am oı</u>	ınt in 100 gr	ams	of edik	ole portion	Amount in e	dible portion	of common
			Nur	nber				easures of fo	
						Source Confidence			
Nutrients and Un	its	Mean St	d. Error Po			Code Code	Measure 1	Measure 2	Measure
Proximates:									
Water		41.01	0.765			1	54.13	46.34	11.63
Energy		373		0	NC	4	493	422	106
Energy		1562		0	NC	4	2062	1765	443
Protein (N x 6.38)		24.48	0.559	4		1	32.31	27.66	6.94
Total lipid (fat)		30.28	0.361	10		1	39.97	34.22	8.58
Ash	_	3.55	0.102	4		1	4.69	4.01	1.01
Carbohydrate, by difference		0.68		0	NC	4	0.90	0.77	0.19
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0
Sugars, total		0.50		0	BFNN	4	0.66	0.56	0.14
Starch	g								
Minerals:									
Calcium, Ca	_	746	21.376	6		1	985	843	212
Iron, Fe		0.72	0.102	4		1	0.95	0.81	0.20
Magnesium, Mg		27	1.914	4		1	36	31	8
Phosphorus, P	_	444	9.206	4		1	586	502	126
Potassium, K	-	81	11.148	4	_	1	107	91	23
Sodium, Na	-	600 3.00	0.071	0 4	0	4 1	792 3.96	678 3.39	170 0.85
Zinc, Zn Copper, Cu		0.032	0.071	0		1	0.042	0.036	0.00
Manganese, Mn	_	0.032		0		1	0.042	0.036	0.00
Selenium, Se	_	14.5		0	CAZN	4	19.1	16.4	4.1
,				·	011211	-			
Vitamins:	ma	0.0		0		1	0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin	_	0.015		0		4	0.020	0.017	0.00
Riboflavin	_	0.015		2		1	0.020	0.017	0.11
Niacin	_	0.093		0		4	0.123	0.105	0.02
Pantothenic acid	_	0.210		0		4	0.277	0.237	0.06
Vitamin B-6		0.079		0		4	0.104	0.089	0.02
Folate, total	_	18		0		4	24	21	5
Folic acid		0		0	z	7	0	0	0
Folate, food		18		0		4	24	21	5
Folate, DFE		18		0	NC	4	24	21	5
Choline, total	mg	15.4		0	T	4	20.3	17.4	4.4
Betaine	mg								
Vitamin B-12	µg	0.83		0		4	1.09	0.93	0.23
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE	µg	198		0	NC	4	262	224	56
Retinol	µg	192		0	T	4	253	217	54
Carotene, beta	µg	78		0	BFFN	4	103	88	22
Carotene, alpha	µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta		0		0	Z	7	0	0	0
Vitamin A, IU		769		0	NC	4	1016	869	218
Lycopene		0		0	Z	7	0	0	0
Lutein + zeaxanthin		0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.26		0	BFFN	4	0.34	0.29	0.07
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.6		0	AS	1	0.7	0.6	0.2
Vitamin D		22		0	BFFN	4	29	25	6
Vitamin K (phylloquinone)		2.5		0	BFFN	4	3.3	2.9	0.7
Dihydrophylloquinone									
Menaquinone-4									

	<u>Am</u>	ount i	n 100 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion o	of common
			Number				'	easures of foc	
					Source C	onfidence	_		
Nutrients and Units	Mean	Std. E	rror Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	.g 19.0	66	0		4		25.167	21.545	5.405
4:0	•		0		4		1.296	1.110	0.278
6:0	•		0		4		0.322	0.276	0.069
8:0 10:0.	•		0 0		4 4		0.404 0.743	0.346 0.636	0.087 0.160
12:0	•		0		4		0.525	0.450	0.113
13:0	-								
14:0	.g 3.6	13	0		4		4.769	4.083	1.024
15:0	-								
16:0	-	63	0		4		10.247	8.772	2.201
17:0 18:0.	-	23	0		4		4.518	3.868	0.970
20:0	.0								
22:0	.g								
24:0									
Fatty acids, total monounsaturated	-	51	0		4		11.551	9.889	2.481
14:1 15:1									
16:1 undifferentiated		23	0		4		1.218	1.043	0.262
17:1									
18:1 undifferentiated			0		4		9.726	8.326	2.089
20:1			0		4		0.000	0.000	0.000
22:1 undifferentiated 24:1 c	-	00	0		4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	99	0		4		1.187	1.016	0.255
18:2 undifferentiated	. •		0		4		0.841	0.720	0.181
18:3 undifferentiated	•	61	0		4		0.345	0.295	0.074
18:4		00	0		4		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated	-	00	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)			0		4		0.000	0.000	0.000
21:5	-								
22:4	•								
22:5 n-3 (DPA)	-		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) Fatty acids, total trans		00	0		4		0.000	0.000	0.000
Cholesterol			0		4		117	101	25
Phytosterols	-								
Amino Acids:									
Tryptophan	.q 0.3	15	0		1		0.416	0.356	0.089
Threonine	.0		0		1		1.150	0.984	0.247
Isoleucine	.g 1.5	19	0		1		2.005	1.716	0.431
Leucine	=		0		1		3.094	2.649	0.665
Lysine	-		0		1		2.689	2.302	0.577
Methionine			0		1 1		0.846 0.162	0.724 0.139	0.182 0.035
Phenylalanine	•		0		1		1.701	1.457	0.365
Tyrosine			0		1		1.560	1.336	0.335
Valine		35	0		1		2.158	1.848	0.464
Arginine			0		1		1.221	1.045	0.262
Histidine	=		0		1		1.134	0.971	0.244
AlanineAspartic acid	-		0 0		1 1		0.912 2.076	0.781 1.777	0.196 0.446
Glutamic acid	•		0		1		7.907	6.769	1.698
Glycine	.0		0		1		0.557	0.477	0.120
Proline		59	0		1		3.642	3.118	0.782
Serine	-	31	0		1		1.889	1.617	0.406
Hydroxyproline	.g								
Others:									
Alcohol, ethyl	-		0		7		0.0	0.0	0.0
Caffeine	.mg 0		0	Z	7		0	0	0

NDB No. 01025 Cheese, monterey

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amou	unt in 100	grams	oredin	ne portio	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of foo	<u>od</u>
			•			Source (Confidence			
Nutrients and Un	ite	Mean St	td. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nati icitto alla on		incuit Ci	.u. 2101					measure r	medsare 2	in casare (
Proximates:										
Water	g	46.00		0		4		60.72	51.98	7.82
Energy	kcal	313		0		8		413	354	53
Energy	kJ	1310		0		8		1729	1480	223
Protein	g	28.20		0		8		37.22	31.87	4.79
Total lipid (fat)	g	21.60		0		8		28.51	24.41	3.67
Ash	g	3.50		0	NR	4		4.62	3.96	0.60
Carbohydrate, by difference	g	0.70		0		4		0.92	0.79	0.12
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	0.56		0	BFNN	4		0.74	0.64	0.10
Starch	g									
Minanala										
Minerals:										100
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	705		0		8		931	797	120
Iron, Fe	-	0.72 27		0		4 4		0.95 36	0.81 31	0.12 5
Magnesium, Mg		444		0		4		586	502	5 75
Phosphorus, P Potassium, K		81		0		4		107	92	14
Sodium, Na	-	781		0	NR	4		1031	883	133
Zinc. Zn	-	3.00		0	MIC	4		3.96	3.39	0.51
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.032		0		4		0.042	0.036	0.00
Manganese, Mn		*****		·		-		*****	******	0.00
Selenium, Se		14.5		0	CAZN	4		19.1	16.4	2.5
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	0.0
Thiamin	_	0.020		0		4		0.026	0.023	0.00
Riboflavin	-	0.360		0		8		0.475	0.407	0.06
Niacin	-	0.090		0		4		0.119	0.102	0.01
Pantothenic acid	-									
Vitamin B-6	-	0.080		0		4		0.106	0.090	0.01
Folate, total		18		0		4		24	20	3 0
Folic acid		0 18		0	BFNN	4 4		0 24	0	_
Folate, food		18		0	wa	4		24 24	20 20	3
Folate, DFE		15.4		0	NC T	4		20.3	17.4	2.6
Choline, total		15.4		U		4		20.3	17.4	2.6
Betaine Vitamin B-12	-	0.83		0		4		1.10	0.94	0.14
Vitamin B-12, added		0.00		0	z	7		0.00	0.94	0.14
Vitamin A, RAE		142		0	NC	4		187	160	24
Retinol		137		0	BFFN	4		181	155	23
Carotene, beta		55		0	BFFN	4		73	63	9
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		549		0	NC	4		725	620	93
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.19		0	BFFN	4		0.25	0.21	0.03
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	_			-						2.00
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.4		0	AS	1		0.5	0.4	0.1
Vitamin D		16		0	BFFN	4		21	18	3
Vitamin K (phylloquinone)		1.8		0	BFFN	4		2.4	2.0	0.3
Dihydrophylloquinone										
Menaquinone-4										

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
			Nives is a m					easures of foo	
			Number						<u></u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
T									
<u>Lipids:</u>			•		•				
Fatty acids, total saturated	14.04		0		8		18.533	15.865	2.387
4:0g	1.08		0		4		1.426	1.220	0.184
6:0g	0.12		0		4		0.158	0.136	0.020
8:0g	0.24		0		4		0.317	0.271	0.041
10:0g	0.48		0		4		0.634	0.542	0.082
12:0g	0.36	50	0		4		0.475	0.407	0.061
13:0g									
14:0g	2.04	10	0		4		2.693	2.305	0.347
15:0g									
16:0g	6.36	50	0		4		8.395	7.187	1.081
17:0g									
18:0g	2.28	30	0		4		3.010	2.576	0.388
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	5.64	ł0	0		8		7.445	6.373	0.959
14:1g									
15:1g									
16:1 undifferentiated	0.84	10	0		4		1.109	0.949	0.143
17:1g									
18:1 undifferentiated	4.56	50	0		4		6.019	5.153	0.775
20:1g	0.00		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
24:1 c	0.00	, ,	Ū		-		0.000	0.000	0.000
	0.84	10	0		8		1.109	0.949	0.143
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.60		0		4		0.792	0.678	0.102
-	0.24		0		4				0.041
18:3 undifferentiated	0.24		0		4		0.317 0.000	0.271 0.000	0.041
18:4g	0.00	00	U		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg	0.00		•						
20:4 undifferentiatedg	0.00		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	00	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	00	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	65		0		8		86	73	11
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Carbohydrate

Common Measures:

Calories Factors: Protein

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 17g: 1 cubic inch

Fat

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gr	ams	of edi	ole portion		Amount in edible portion of common			
			Nun	nber					easures of foo		
						Source Co	nfidence				
Nutrients and	Units	Mean Std	l. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	47.07	0.200	35	A	1		62.13	53.18	13.34	
Energy	kcal	295		0	NC	4		390	334	84	
Energy	kJ	1236		0	NC	4		1632	1397	350	
Protein	g	23.75	0.182	35	A	1		31.35	26.84	6.73	
Total lipid (fat)	g	19.78	0.166	35	A	1		26.11	22.35	5.61	
Ash	g	3.83	0.045	35	A	1		5.05	4.32	1.08	
Carbohydrate, by difference	g	5.58		0	NC	4		7.36	6.30	1.58	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total		1.90		0	AS	1		2.51	2.15	0.54	
Sucrose	g	0.00		3	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00		2	A	1		0.00	0.00	0.00	
Fructose		0.00		3	A	1		0.00	0.00	0.00	
Lactose	g	1.12		3	A	1		1.48	1.27	0.32	
Maltose		0.00		3	A	1		0.00	0.00	0.00	
Galactose		0.78		3	A	1		1.03	0.88	0.22	
Starch											
Minerals:											
Calcium, Ca	mg	697	8.335	35	A	1		921	788	198	
Iron, Fe	mg	0.22	0.014	35	A	1		0.29	0.25	0.0	
Magnesium, Mg	mg	27	0.511	35	A	1		36	31	8	
Phosphorus, P	mg	548	6.197	35	A	1		723	619	155	
Potassium, K	mg	188	3.254	35	A	1		248	212	53	
Sodium, Na		666	11.558	35	A	1		879	753	189	
Zinc, Zn		3.62	0.038	35	A	1		4.78	4.09	1.03	
Copper, Cu	mg	0.033	0.001	35	A	1		0.043	0.037	0.00	
Manganese, Mn		0.039	0.002	35	A	1		0.051	0.044	0.01	
Selenium, Se	µg	27.6	0.572	16	A	1		36.4	31.2	7.8	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0	
Thiamin	-	0.024	0.001		A	1		0.032	0.027	0.00	
Riboflavin	_	0.353	0.018	19	A	1		0.466	0.399	0.10	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.111	0.018	19	A	1		0.147	0.126	0.03	
Pantothenic acid	-	0.429	0.010	11	A	1		0.567	0.485	0.12	
Vitamin B-6	•	0.100	0.001	19	A	1		0.132	0.113	0.02	
Folate, total		27	1.711	4	A	1		35	30	8	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		27	1.711	4	A	1		35	30	8	
Folate, DFE		27		0	NC	4		35	30	8	
Choline, total		14.2		0	AS	1		18.8	16.1	4.0	
Betaine	-	0.7		1	A	1		1.0	0.8	0.2	
Vitamin B-12	-	1.68	0.123	19	A	1		2.22	1.90	0.48	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		223		0	AS	1		294	252	63	
Retinol		223		4	A	1		294	252	63	
Carotene, beta		51		0	BFFN	4		68	58	15	
Carotene, alpha		0		0	z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		829		0	NC	4		1094	937	235	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.50	0.018	9	A	1		0.65	0.56	0.1	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.0	
Tocopherol, beta		0.00	0.000	9	A	1		0.00	0.00	0.0	
Tocopherol, gamma		0.03	0.014	9	A	1		0.03	0.03	0.0	
Tocopherol, delta		0.00	0.000	9	A	1		0.00	0.00	0.00	
Tocotrienol, alpha		0.00	0.000	9	A	1		0.00	0.00	0.00	
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00	0.00	

	<u>A1</u>	nount		am s		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. I	ofl _{Error} Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.	00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, delta	mg 0.	00	0.000	9	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	µg 0.	1		0	NR	4		0.5	0.4	0.1
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)		1		0	BFFN	4		0.5	0.4	0.1
Vitamin D				0 2	BFFN A	4 1		19 1.7	17 1.4	4 0.4
Vitamin K (phylloquinone)				2	A	1		0.0	0.0	0.4
Dihydrophylloquinone Menaquinone-4				2	A	1		5.4	4.7	1.2
Menaquinone-4	#9 1 •	-		_	A	-		3.4	4. /	1.2
<u>Lipids:</u>										
Fatty acids, total saturated				0	NC	4		14.910	12.764	3.202
4:0	•	387	0.002		A	1		0.510	0.437	0.110
6:0	•	325	0.002	35	A	1		0.429	0.367	0.092
8:0	-	203	0.001	35	A	1		0.268	0.229	0.058
10:0	-	197	0.005	35	A	1		0.655	0.561	0.141
12:0	•	566	0.006	35	A	1		0.747	0.639	0.160
13:0	-	326	0.015	35	A	1		2.410	2.063	0.518
14:0 15:0	•	L93	0.013	35	A	1		0.254	0.218	0.055
16:0	-	L45		35	A	1		6.791	5.814	1.459
17:0	•	L15	0.001	35	A	1		0.151	0.130	0.033
18:0	•	001	0.001	35	A	1		2.642	2.262	0.567
20:0		27	0.000	35	A	1		0.036	0.031	0.008
22:0	•	007	0.000	35	A	1		0.010	0.008	0.002
24:0	0	005	0.000	35	A	1		0.006	0.005	0.001
Fatty acids, total monounsaturated	•	741		0	NC	4		7.578	6.488	1.628
14:1	•	L86	0.003	35	A	1		0.245	0.210	0.053
15:1	g 0.	000	0.000	35	A	1		0.000	0.000	0.000
16:1 undifferentiated	-	309	0.006	35	AS	1		0.408	0.350	0.088
16:1 c	g									
16:1 t	g 0.	060	0.003	35	A	1		0.079	0.068	0.017
17:1	g 0.	37	0.000	35	A	1		0.048	0.041	0.010
18:1 undifferentiated	g 4.	590	0.029	35	AS	1		6.058	5.186	1.301
18:1 c	•									
18:1 t	•	522	0.007	35	A	1		0.689	0.590	0.148
18:1-11 t (18:1t n-7)	-				_	_				
20:1	-	37	0.001		A	1		0.049	0.042	0.011
22:1 undifferentiated		000	0.000	35	AS	1		0.000	0.000	0.000
22:1 c		000	0.000	35	2	1		0.000	0.000	0.000
22:1 t 24:1 c	•	000	0.000	35	A A	1		0.000	0.000 0.000	0.000
Fatty acids, total polyunsaturated	•	19	0.000	0	NC	4		1.345	1.151	0.289
18:2 undifferentiated		731	0.006		AS	1		0.965	0.826	0.207
18:2 n-6 c,c	•					_		0.303	0.020	01207
18:2 CLAs	-									
18:2 t,t	-									
18:2 i										
18:2 t not further defined	-	L38	0.001	35	A	1		0.182	0.156	0.039
18:3 undifferentiated	g 0.	71	0.002	35	AS	1		0.094	0.080	0.020
18:4	g 0.	000	0.000	35	A	1		0.000	0.000	0.000
20:2 n-6 c,c	g 0.	004	0.000	35	A	1		0.006	0.005	0.001
20:3 undifferentiated	g 0.	22	0.000	35	AS	1		0.029	0.024	0.006
20:4 undifferentiated	g 0.	31	0.001	35	A	1		0.041	0.035	0.009
20:5 n-3 (EPA)	•	005	0.000	35	A	1		0.007	0.006	0.002
21:5	-									
22:4	•	005	0.000	35	A	1		0.007	0.006	0.002
22:5 n-3 (DPA)	•	010	0.000	35	A	1		0.014	0.012	0.003
22:6 n-3 (DHA)		000	0.000	35	A	1		0.000	0.000	0.000
Fatty acids, total trans	•	720		0	NC	4		0.950	0.813	0.204
Fatty acids, total trans-monoenoic	•	582		0	NC	4		0.768	0.658	0.165
Fatty acids, total trans-polyenoic	•	L38	0.642	0 19	NC A	4 1		0.182	0.156	0.039 18
CholesterolPhytosterols	•		0.042	19	A	_		85	73	10
1 11y (OSIC1O15	. 9									

	Amount in	-		ble portio	<u>n</u>		edible portion of easures of foo	
		Number					casares or roc	<u> </u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:								
Tryptophang	0.551	0	A	1		0.728	0.623	0.156
Threonineg	1.053	0	A	1		1.390	1.190	0.299
Isoleucineg	1.216	0	A	1		1.605	1.374	0.345
Leucineg	1.956	0	A	1		2.582	2.210	0.555
Lysineg	1.034	0	A	1		1.364	1.168	0.293
Methionineg	0.551	0	A	1		0.728	0.623	0.156
Cystineg	0.124	0	A	1		0.163	0.140	0.035
Phenylalanineg	1.083	0	A	1		1.429	1.224	0.307
Tyrosineg	1.117	0	A	1		1.475	1.263	0.317
Valineg	1.416	0	A	1		1.869	1.600	0.401
Arginineg	0.551	0	A	1		0.728	0.623	0.156
Histidineg	0.551	0	A	1		0.728	0.623	0.156
Alanineg	0.757	0	A	1		1.000	0.856	0.215
Aspartic acidg	1.749	0	A	1		2.309	1.976	0.496
Glutamic acidg	4.776	0	A	1		6.304	5.396	1.354
Glycineg	0.551	0	A	1		0.728	0.623	0.156
Prolineg	2.519	0	A	1		3.324	2.846	0.714
Serineg	0.787	0	A	1		1.039	0.889	0.223
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gr	am s	of edi	ble porti	<u>on</u>	Amount in edible portion of common		
			Nun	nber	•				easures of fo	
						Source	Confidence			
Nutrients and U	nits	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:					_					
Water	_	44.81	0.340	18	Α	1		38.54		
Energy		304		0	NC	4		262		
Energy		1273		0	NC	4		1095		
Protein		23.63	0.408	18	A	1		20.32		
Total lipid (fat)		19.72	0.364	18	A	1		16.96		
Ash	-	3.78	0.092	18	A	1		3.25		
Carbohydrate, by difference		8.06		0	NC	4		6.93		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		2.24		2	A	1		1.92		
Sucrose	g	0.00		3	A	1		0.00		
Glucose (dextrose)		0.00		2	A	1		0.00		
Fructose	g	0.00		3	A	1		0.00		
Lactose	g	1.45		3	A	1		1.25		
Maltose	g	0.00		3	A	1		0.00		
Galactose	g	0.75		3	A	1		0.64		
Starch										
Minerals:										
Calcium, Ca	-	716		18	A	1		616		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.23		18	A	1		0.20		
Magnesium, Mg	mg	29	1.040	18	A	1		25		
Phosphorus, P		537		18	A	1		462		
Potassium, K	-	131	6.755	18	A	1		112		
Sodium, Na	-	682		18	A	1		587		
Zinc, Zn		3.61	0.081	18	A	1		3.11		
Copper, Cu		0.034	0.001	18	A	1		0.029		
Manganese, Mn		0.041 26.8	0.004 1.078	18 9	A A	1 1		0.035 23.1		
Selenium, Se	µg	20.8	1.078	9	A	1		23.1		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0		
Thiamin	_	0.029	0.000	9	A	1		0.025		
Riboflavin	_	0.029	0.000	9	A	1		0.025		
Niacin	_	0.151	0.037	9	A	1		0.130		
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.131	0.040	6	A	1		0.130		
Vitamin B-6		0.111	0.013	9	A	1		0.095		
Folate, total	_	27	1.616	4	A	1		23		
Folic acid		0	1.010	0	Z	7		0		
Folate, food		27	1.616	-	A	1		23		
Folate, DFE		27	1.010	0	NC	4		23		
Choline, total		14.2		0	AS	1		12.2		
Betaine		0.7		1	A	1		0.6		
Vitamin B-12	_	1.33	0.274	9	A	1		1.14		
Vitamin B-12, added		0.00	0.271	0	Z	7		0.00		
Vitamin A, RAE		254		0	AS	1		218		
Retinol		254		3	A	1		218		
Carotene, beta		0		0	z	7		0		
Carotene, alpha		0		0	z	7		0		
Cryptoxanthin, beta		0		0	z	7		0		
Vitamin A, IU		846		0	AS	1		727		
Lycopene		0		0	Z	7		0		
Lutein + zeaxanthin		0		0	z	7		0		
Vitamin E (alpha-tocopherol)		0.49	0.022	9	A	1		0.42		
Vitamin E, added		0.00		0	Z	7		0.00		
Tocopherol, beta		0.00	0.000	9	A	1		0.00		
Tocopherol, gamma		0.02	0.016	9	A	1		0.02		
Tocopherol, delta		0.02	0.000	9	A	1		0.02		
Tocopherol, delta Tocotrienol, alpha		0.00	0.000	9	A	1		0.00		
Tocotrienol, beta		0.00	0.000	9	A	1		0.00		

	<u>Am</u>								Amount in edible portion of common measures of food		
				nber		_		<u>m</u> .	easures of foo	<u>a</u>	
Nutrients and Units	Mean	Std. Erro				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.0	0 0.	.000	9	A	1		0.00			
Tocotrienol, deltamg	0.0	0 0.	.000	9	A	1		0.00			
Vitamin D (D2 + D3)µg	0.4			0	AS	1		0.3			
Vitamin D2 (ergocalciferol)µg											
Vitamin D3 (cholecalciferol)µg	0.4			0	BFFN	4		0.3			
Vitamin D	14			0	BFFN	4		12			
Vitamin K (phylloquinone)	1.3			2	A A	1 1		1.1 0.0			
Dihydrophylloquinoneµg Menaquinone-4µg	0.0 4.1			2	A	1		3.5			
	1.1			2		_		3.3			
Lipids:	11 4			•							
Fatty acids, total saturatedg	11.4		004	0	NC	4 1		9.866			
4:0g 6:0g	0.3		.004	18	A A	1		0.340 0.288			
8:0	0.2		.003	18	A	1		0.180			
10:0	0.5		.010	18	A	1		0.432			
12:0g	0.5			18	A	1		0.493			
13:0g											
14:0g	1.8	42 0	.030	18	A	1		1.584			
15:0g	0.1	92 0	.003	18	A	1		0.165			
16:0g	5.2	01 0	067	18	A	1		4.473			
17:0g	0.1			18	A	1		0.099			
18:0g	2.0		.058	18	A	1		1.777			
20:0g	0.0			18	A	1		0.024			
22:0g	0.0		.000	18	A	1		0.006			
24:0g	0.0 5.1		.000	18 0	A NC	1 4		0.004 4.390			
Fatty acids, total monounsaturatedg	0.1		.006	18	A.	1		4.390 0.156			
15:1g	0.0		.000	18	A	1		0.000			
16:1 undifferentiated	0.2		.013	18	AS	1		0.251			
16:1 cg	0.2		.008	18	A	1		0.205			
16:1 tg	0.0	54 0	.007	18	A	1		0.046			
17:1g	0.0	37 0	.001	18	A	1		0.031			
18:1 undifferentiatedg	4.5	58 0	062	18	AS	1		3.920			
18:1 cg	4.0		.050		A	1		3.477			
18:1 tg	0.5	15 0	.014	18	A	1		0.443			
18:1-11 t (18:1t n-7)g	0.0	26 0	001	10	_						
20:1g	0.0		.001		A As	1 1		0.031 0.000			
22:1 undifferentiated	0.0		.000		AS A	1		0.000			
22:1 tg	0.0		.000		A	1		0.000			
24:1 cg	0.0		.000		A	1		0.000			
Fatty acids, total polyunsaturatedg	0.8			0	NC	4		0.741			
18:2 undifferentiatedg	0.7		.013	18	AS	1		0.608			
18:2 n-6 c,cg	0.4	71 0	012	18	A	1		0.405			
18:2 CLAsg	0.0	97 0	.002	18	A	1		0.084			
18:2 t,tg											
18:2 ig											
18:2 t not further defined9	0.1		.002		A	1		0.119			
18:3 undifferentiated	0.0		.004		AS	1		0.065			
18:3 n-3 c,c,c (ALA)g 18:3 n-6 c,c,cg	0.0		.004		A A	1 1		0.063 0.000			
18:3ig	0.0		.000	18	A	1		0.002			
18:4g	0.0		.000	18	A	1		0.000			
20:2 n-6 c,cg	0.0		.000	18	A	1		0.004			
20:3 undifferentiatedg	0.0		.001	18	AS	1		0.019			
20:3 n-3g	0.0	00 0	.000	18	A	1		0.000			
20:3 n-6g	0.0		.001		A	1		0.018			
20:4 undifferentiatedg	0.0	30 0	.002	18	A	1		0.026			
20:4 n-6g						_					
20:5 n-3 (EPA)g	0.0	06 0.	.000	18	A	1		0.005			
21:5g	2.2	06 ^	000	10		-1		0 005			
22:4g 22:5 n-3 (DPA)g	0.0		.000		A A	1 1		0.005 0.010			
22.3 II-3 (DFA)9	0.0	0.		10	Α.	_		0.010			

	<u>Am oun</u>	t in 100 gr	am s	of edi	Amount in edible portion of common				
		Nur	n be r	•			<u>m</u>	easures of foo	<u>od</u>
		of	Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean Std.	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	18	A	1		0.000		
Fatty acids, total transg	0.709		0	NC	4		0.610		
Fatty acids, total trans-monoenoicg	0.569		0	NC	4		0.489		
Fatty acids, total trans-polyenoicg	0.140		0	NC	4		0.121		
Cholesterolmg	65	1.415	9	A	1		56		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.312		0	A	1		0.269		
Threonineg	1.063		0	A	1		0.914		
Isoleucineg	1.256		0	A	1		1.080		
Leucineg	2.372		0	A	1		2.040		
Lysineg	1.985		0	A	1		1.707		
Methionineg	0.572		0	A	1		0.492		
Cystineg	0.140		0	A	1		0.120		
Phenylalanineg	1.227		0	A	1		1.055		
Tyrosineg	1.283		0	A	1		1.103		
Valineg	1.589		0	A	1		1.367		
Arginineg	1.056		0	A	1		0.909		
Histidineg	0.692		0	A	1		0.595		
Alanineg	0.816		0	A	1		0.702		
Aspartic acidg	1.923		0	A	1		1.653		
Glutamic acidg	5.530		0	A	1		4.756		
Glycineg	0.472		0	A	1		0.406		
Prolineg	2.612		0	A	1		2.246		
Serineg	1.358		0	A	1		1.168		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 86g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		AIII	ount in 100	y yı anıs	oi eall	ole portion			dible portion	
			ı	Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source Confid	lence			
Nutrients and Uni	its	Mean	Std. Error			Code Cod		Measure 1	Measure 2	Measure
Proximates:										
Water	g	49.90	0	0		4		65.87	56.39	8.98
Energy	kcal	280		1		1		370	316	50
Energy	kJ	1172		1		1		1546	1324	211
Protein	g	27.50	0	1		1		36.30	31.08	4.95
Total lipid (fat)	-	17.10	0	1		1		22.57	19.32	3.08
Ash		2.40	0	0	NR	4		3.17	2.71	0.43
Carbohydrate, by difference	_	3.10		0	NC	4		4.09	3.50	0.56
Fiber, total dietary		0.0	_	0	Z	7		0.0	0.0	0.0
Sugars, total		1.2	2	0	BFNN	4		1.62	1.39	0.22
•		1.2.	,	U	DEMM	T		1.02	1.39	0.22
Starch	9									
Minerals:										
Calcium, Ca	_	731		1		1		965	826	132
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.2	5	1		1		0.33	0.28	0.05
Magnesium, Mg	_	26		1		1		34	29	5
Phosphorus, P	_	524		1		1		692	592	94
Potassium, K	_	95		1		1		125	107	17
Sodium, Na	-	16		0		4		21	18	3
Zinc, Zn	mg	3.13		1		1		4.13	3.54	0.56
Copper, Cu	mg	0.02	27	1		1		0.036	0.031	0.00
Manganese, Mn	mg									
Selenium, Se	µg	15.7		0	BFNN	4		20.7	17.7	2.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.0	20	1		1		0.026	0.023	0.00
Riboflavin	mg	0.34	40	1		1		0.449	0.384	0.06
Niacin	mg	0.1	20	1		1		0.158	0.136	0.02
Pantothenic acid	mg									
Vitamin B-6	mg	0.08	80	1		1		0.106	0.090	0.01
Folate, total	µg	9		0	NR	4		12	10	2
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	9		0	BFNN	4		12	10	2
Folate, DFE	µg	9		0	NC	4		12	10	2
Choline, total	mg	18.4		0	BFNN	4		24.3	20.8	3.3
Betaine	mg									
Vitamin B-12	µg	0.9	2	1		1		1.21	1.04	0.17
Vitamin B-12, added	µg	0.00	0	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	137		0	NC	4		181	155	25
Retinol	µg	133		0	BFFN	4		176	150	24
Carotene, beta		44		0	BFFN	4		58	50	8
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		517		0	NC	4		682	584	93
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.1	5	0	BFFN	4		0.19	0.17	0.03
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta				-	=			- 7	- • • • •	5.00
Tocopherol, gamma	_									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.3		0	AS	1		0.4	0.4	0.1
Vitamin D		13		0	BFFN	4		17	14	2
		1.8		0	BFFN	4		2.3	2.0	0.3
Vitamin K (phylloquinone)		1.8		U	DFFN	*		2.3	2.0	0.3
Dihydrophylloquinone	µg µg									

		Am	ount in	100 grams		<u>1</u>	Amount in edible portion of common measures of food			
				Number				_	cusures or rec	<u>.u</u>
Nutrients and Un	its	Mean	Std. Err	of Data or Points		Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	10.8	67	0		4		14.344	12.280	1.956
4:0	g	0.5	59	0		4		0.738	0.632	0.101
6:0	g	0.1	10	0		4		0.145	0.124	0.020
8:0	-	0.1	20	0		4		0.158	0.136	0.022
10:0		0.2	70	0		4		0.356	0.305	0.049
12:0	-	0.1	80	0		4		0.238	0.203	0.032
13:0	_									
14:0		1.7	18	0		4		2.268	1.941	0.309
15:0	-									
16:0		5.2	14	0		4		6.882	5.892	0.939
17:0	-							*****	31352	
18:0		2.0	78	0		4		2.743	2.348	0.374
20:0			. •	·		-		217.25	2,010	0.07.2
22:0	-									
24:0										
Fatty acids, total monounsaturated	-	4.8	44	0		4		6.394	5.474	0.872
14:1		4.0		Ū		*		0.351	3.1/1	0.072
15:1 16:1 undifferentiated	-	0.4	60	0		4		0.619	0.530	0.084
	-	0.4	09	U		4		0.619	0.530	0.004
17:1 18:1 undifferentiated	_	4.1	6 E	0		4		5.498	4.706	0.750
	-	0.0		0		4				0.000
20:1	-			-		=		0.000	0.000	
22:1 undifferentiated	_	0.0	00	0		4		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturated		0.5		0		4		0.672	0.575	0.092
18:2 undifferentiated		0.3		0		4		0.475	0.407	0.065
18:3 undifferentiated		0.1		0		4		0.198	0.170	0.027
18:4		0.0	00	0		4		0.000	0.000	0.000
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.0		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.0	00	0		4		0.000	0.000	0.000
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g	0.0	00	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.0	00	0		4		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	54		1		1		71	61	10
Phytosterols	mg									
Others:										
Alcohol, ethyl	а	0.0		0		7		0.0	0.0	0.0
Caffeine	-	0		0	z	7		0	0	0
Theobromine		0		0	7.	7		0	0	0

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ount</u>	t in 100 grams	of edik	ole portio	<u>n</u>	Amount in e	dible portion	of common
			Num be i	r				easures of fo	
					Source (Confidence			
Nutrients and Un	nits	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Proximates:	α.	60.20	0		4		68.03		
Water	-	141	0	NC	4				
Energy							159		
Energy		589	0	NC	4		666		
Protein	=	31.70	0		4		35.82		
Total lipid (fat)	-	0.00	0		4		0.00		
Ash		4.60	0	NR	4		5.20		
Carbohydrate, by difference		3.50	0		4		3.96		
Fiber, total dietary		1.8	0		12		2.0		
Sugars, total		1.48	0	BFNN	4		1.68		
Starch	g								
Minerals:									
Calcium, Ca	-	961	1	AI	13		1086		
Iron, Fe		0.31	0		4		0.35		
Magnesium, Mg		33	0		4		37		
Phosphorus, P	-	656	0		4		741		
Potassium, K	•	106	0		4		120		
Sodium, Na	_	743	1	AI	13		840		
Zinc, Zn		3.92	0		4 4		4.43 0.038		
Copper, Cu	-	0.034	U		4		0.038		
Manganese, Mn Selenium, Se		18.9	0	BFNN	4		21.4		
Selenium, Se	μ9	10.9	U	DFINN	-		21.4		
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	-	0.0	0		7		0.0		
Thiamin	-	0.020	0		4		0.023		
Riboflavin	-	0.300	0		4		0.339		
Niacin	-	0.120	0		4		0.136		
Pantothenic acid			_						
Vitamin B-6	-	0.080	0		4		0.090		
Folate, total		10	0	_	4 7		11 0		
Folic acid		0 10	0	Z	4		11		
Folate, food		10	0	NC	4		11		
Folate, DFE		15.4	0	T	4		17.4		
Choline, total		15.4	U	1	*		17.4		
Betaine Vitamin B-12	-	0.92	0		4		1.04		
Vitamin B-12. added		0.00	0	z	7		0.00		
Vitamin A, RAE		127	0	NC	4		144		
Retinol		124	0	BFZN	4		140		
Carotene, beta		41	0	BFZN	4		46		
Carotene, alpha		0	0	Z	7		0		
Cryptoxanthin, beta		0	0	z	7		0		
Vitamin A, IU		481	0	NC	4		544		
Lycopene		0	0	Z	7		0		
Lutein + zeaxanthin		0	0	z	7		0		
Vitamin E (alpha-tocopherol)		0.14	0	BFZN	4		0.15		
Vitamin E, added		0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	AS	1		0.0		
Vitamin D		0	0	BFFN	4		0		
Vitamin K (phylloquinone)		1.6	0	BFZN	4		1.9		
Dihydrophylloquinone									
Menaquinone-4									
1									

	Amount in 100 grams of edible portion						Amount in e	dible portion	of common_
		N	lum ber				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean St	d. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.000		0		7		0.000		
4:0g	0.000		0		4		0.000		
6:0g	0.000		0		4		0.000		
8:0g	0.000		0		4		0.000		
10:0g	0.000		0		4		0.000		
12:0g	0.000		0		4		0.000		
13:0g									
14:0g	0.000		0		4		0.000		
15:0g									
16:0g	0.000		0		4		0.000		
17:0g									
18:0g	0.000		0		4		0.000		
20:0g									
22:0g									
24:0g					_				
Fatty acids, total monounsaturatedg	0.000		0		7		0.000		
14:1g									
15:1g			•						
16:1 undifferentiatedg	0.000		0		4		0.000		
17:1g	0.000		•		4				
18:1 undifferentiatedg	0.000		0		4		0.000		
20:1g	0.000		0		_		0.000		
22:1 undifferentiatedg	0.000		0		4		0.000		
24:1 c	0.000		0		7		0.000		
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.000		0		4		0.000		
18:3 undifferentiated	0.000		0		4		0.000		
18:4g	0.000		0		4		0.000		
20:2 n-6 c.cg	0.000		U		-		0.000		
20:3 undifferentiatedg									
20:4 undifferentiated	0.000		0		4		0.000		
20:5 n-3 (EPA)	0.000		0		4		0.000		
21:59	0.000		•		-		0.000		
22:4g									
22:5 n-3 (DPA)g	0.000		0		4		0.000		
22:6 n-3 (DHA)g	0.000		0		4		0.000		
Fatty acids, total transg									
Cholesterolmg	18		0		4		20		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am</u>	ount in 1	00 gr	ams	of edik	le portio	<u>n</u>	Amount in e	edible portion	of common
				Nun	nber				m	easures of fo	od
							Source (Confidence			
Nutrients and Ur	vite	Mean	Std. Erro					Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	1115	Wean	Stu. ET	, . 0		Jouc	Oouc		Wieasure i	WiedSuie Z	WiedSure
Proximates:											
Water		53.78	в (.872	10		1		15.25		
Energy	kcal	254			0	NC	4		72		
Energy	kJ	1064			0	NC	4		302		
Protein (N x 6.38)		24.2	б		0		1		6.88		
Total lipid (fat)	g	15.9	2 (.669	10		1		4.51		
Ash	g	3.2	7		0		1		0.93		
Carbohydrate, by difference	g	2.7	7		0	NC	4		0.79		
Fiber, total dietary		0.0			0		4		0.0		
Sugars, total		1.1	3		0	BFNN	4		0.32		
Starch											
Minerals:											
Calcium, Ca	<u>m</u> g	782			1		1		222		
Iron, Fe	_	0.2	2		0		1		0.06		
Magnesium, Mg	mg	23			0		1		7		
Phosphorus, P	mg	463			0		1		131		
Potassium, K	mg	84			0		1		24		
Sodium, Na	<u>mg</u>	619			1		1		175		
Zinc, Zn	mg	2.7	б		0		1		0.78		
Copper, Cu	mg	0.0	25		0		1		0.007		
Manganese, Mn	mg	0.0	10		0		1		0.003		
Selenium, Se	µg	14.4			0	BFNN	4		4.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0			0		1		0.0		
Thiamin	_	0.0	18		0		1		0.005		
Riboflavin		0.3			0		1		0.005		
Niacin	_	0.1			0		1		0.030		
Pantothenic acid	_	0.0			0		1		0.022		
Vitamin B-6		0.0			0		1		0.022		
Folate, total	_	9	, ,		0		1		2		
Folic acid		0			0	z	7		0		
Folate, food		9			0		1		2		
Folate, DFE		9			0	NC	4		2		
Choline, total	-	15.4			0	T	4		4.4		
, , , , , , , , , , , , , , , , , , ,	_	15.4			U	1	4		4.4		
Betaine Vitamin B-12		0.8	2		0		1		0.23		
Vitamin B-12, added		0.0			0	z	7		0.00		
*		127	J		0	NC	4		36		
Vitamin A, RAE					٥		4				
Retinol		124 41			0	BFFN BFFN	4		35 12		
Carotene, beta		0			0	Z	7		0		
Carotene, alpha							7				
Cryptoxanthin, beta		0 481			0	Z NC	4		0 136		
Vitamin A, IU		481			0	NC Z	4 7		136		
Lycopene		0			0	z z	7		0		
Lutein + zeaxanthin			4		0		4		0 0.04		
Vitamin E (alpha-tocopherol)		0.1			0	BFFN					
Vitamin E, added		0.0	U		U	Z	7		0.00		
Tocopherol, beta											
Tocopherol, gamma	_										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		0.3			0	3.0	1		0.1		
Vitamin D (D2 + D3)						AS	1				
Vitamin D		12			0	BFFN	4		3		
Vitamin K (phylloquinone)		1.6			0	BFFN	4		0.5		
Dihydrophylloquinone											
Menaquinone-4	µg										

	<u>An</u>	noun	t in 100 gr	ams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			Nur	nber					easures of foo	•	
						Source	Confidence	_			
Nutrients and Units	Mean	Std.	Error Po				Code	Measure 1	Measure 2	Measure 3	

Lipids: Fatty acids, total saturated	.g 10.1	14		0		1		2.867			
4:0				1		1		0.146			
6:0	.g 0.1	.00	0.020	5		1		0.028			
8:0		.17	0.027	5		1		0.033			
10:0	-		0.044	5		1		0.071			
12:0		.64	0.054	5		1		0.046			
13:0 14:0	-	98	0.088	5		1		0.453			
15:0	-	.50	0.000	•		-		0.433			
16:0	-	55	0.327	5		1		1.376			
17:0	_										
18:0	_	37	0.169	5		1		0.549			
20:0 22:0	.0										
24:0	_										
Fatty acids, total monounsaturated		10		0		1		1.279			
14:1	.g										
15:1											
16:1 undifferentiated	-	40	0.059	5		1		0.125			
17:1 18:1 undifferentiated		74	0.245	5		1		1.098			
20:1	-		0.215	0		1		0.000			
22:1 undifferentiated	-			0		1		0.000			
24:1 c	.g										
Fatty acids, total polyunsaturated				0		1		0.134			
18:2 undifferentiated	-		0.057	5		1		0.095			
18:3 undifferentiated	-		0.019	5 0		1 1		0.039 0.000			
20:2 n-6 c,c		00		U		-		0.000			
20:3 undifferentiated											
20:4 undifferentiated		00		0		1		0.000			
20:5 n-3 (EPA)	-	00		0		1		0.000			
21:5	-										
22:4 22:5 n-3 (DPA)	-	00		0		1		0.000			
22:6 n-3 (DHA)	.0			0		1		0.000			
Fatty acids, total trans											
Cholesterol				1		1		18			
Phytosterols	mg										
Amino Acids:											
Tryptophan	g 0.3	39		0		4		0.096			
Threonine	-			0		1		0.262			
Isoleucine	-			0		1		0.330			
Leucine	-			0		1 1		0.670 0.699			
Lysine Methionine				0		1		0.192			
Cystine				0		1		0.041			
Phenylalanine		66		0		1		0.359			
Tyrosine	.g 1.4	:03		0		1		0.398			
Valine				0		1		0.430			
Arginine				0		1 1		0.295 0.259			
HistidineAlanine				0		1		0.259			
Aspartic acid				0		1		0.498			
Glutamic acid		77		0		1		1.609			
Glycine				0		1		0.132			
Proline	-			0		1		0.708			
Serine	-	:15		0		1		0.401			
Hydroxyproline	y										
Others:											
Alcohol, ethyl	-)		0	-	7		0.0			
Caffeine	mg 0			0	Z	7		0			

NDB No. 01028 Cheese, mozzarella, part skim milk

Amount in 100 grams of edible portion

Number
of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 100 gr	rams	of edil	ole porti	<u>on</u>		dible portion	
			Nur	n be r	•			<u>m</u>	easures of foo	<u>od</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	50.01	0.118	6	A	1		56.01	14.18	85.02
Energy	_	300	0.110	0	NC	4		336	85	509
Energy		1254		0	NC	4		1404	355	2131
Protein (N x 6.38)		22.17	0.182		A	1		24.83	6.29	37.69
Total lipid (fat)		22.35	0.244	6	A	1		25.04	6.34	38.00
Ash	_	3.28	0.030	6	A	1		3.67	0.93	5.57
Carbohydrate, by difference	-	2.19	0.030	0	NC	4		2.45	0.62	3.72
Fiber, total dietary		0.0		0	NC	4		0.0	0.02	0.0
•		1.03		0	NC	4		1.15	0.0	1.75
Sugars, total		0.03	0.000	4	JA	6		0.03	0.29	0.04
Sucrose		0.03	0.101	6	JA	6		0.63	0.01	0.04
Glucose (dextrose)		0.56	0.000	3	A	1		0.63	0.16	0.95
Fructose	9	0.13	0.000	6	JA	6		0.08		0.23
Lactose						6			0.02	
Maltose	<u>9</u>	0.08	0.000	4	JA			0.08	0.02	0.13
Galactose		0.15	0.000	3	A	1		0.17	0.04	0.25
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	505	2.838	6	A	1		566	143	859
Iron, Fe		0.44	0.084	6	A	1		0.49	0.12	0.75
Magnesium, Mg		20	0.154	6	A	1		23	6	35
Phosphorus, P		354	2.581	6	A	1		396	100	601
Potassium, K		76	2.206	6	A	1		85	21	129
Sodium, Na	-	627	11.119	6	A	1		703	178	1067
Zinc, Zn		2.92	0.074	6	A	1		3.27	0.83	4.97
Copper, Cu		0.011		6	A	1		0.012	0.003	0.01
Manganese, Mn		0.030		6	A	1		0.034	0.009	0.05
Selenium, Se	µg	17.0	0.524	3	A	1		19.0	4.8	28.8
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0	0.0
Thiamin	-	0.030		6	A	1		0.033	0.008	0.05
Riboflavin	-	0.283		6	A	1		0.317	0.080	0.48
Niacin		0.104		6	A	1		0.116	0.029	0.17
Pantothenic acid		0.141		3	A	1		0.158	0.040	0.24
Vitamin B-6	-	0.037		3	A	1		0.042	0.011	0.06
Folate, total		7	0.000	3	A	1		8	2	13
Folic acid		0		0	Z	7		0	0	0
Folate, food		7	0.000	3	A	1		8	2	13
Folate, DFE		7		0	NC	4		8	2	13
Choline, total		15.4		0	T	4		17.2	4.4	26.2
Betaine										
Vitamin B-12		2.28	0.064		A	1		2.56	0.65	3.88
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		179		0	NC	4		200	51	304
Retinol		174		0	BFFN	4		195	49	296
Carotene, beta		57		0	BFFN	4		64	16	97
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		676		0	NC	4		757	192	1149
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.19		0	BFFN	4		0.22	0.05	0.33
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									

	<u>Ar</u>	nount in 10	00 grams	of edil	ble portion	Amount in	edible portion	of common
			Number				neasures of fo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confid Code Cod	ence	Measure 2	Measure 3
Tocotrienol, delta	-							
Vitamin D (D2 + D3)		ł	0	AS	1	0.5	0.1	0.7
Vitamin D Vitamin K (phylloquinone)		1	0 2	BFFN A	4 1	18 2.6	5 0.7	28 3.9
Dihydrophylloquinone			2	A	1	0.0	0.0	0.0
Menaquinone-4								
Lipids:								
Fatty acids, total saturated	g 13.:	L52	0		1	14.730	3.729	22.358
4:0	g 0.8	305	1		1	0.902	0.228	1.369
6:0	=	146	1		1	0.500	0.126	0.758
8:0		257 582	1 1		1 1	0.288 0.652	0.073 0.165	0.437 0.989
10:0 12:0			1		1	0.652	0.165	1.173
13:0		,,,,	-		-	0.775	0.130	1.175
14:0		L89	1		1	2.452	0.621	3.721
15:0	_							
16:0	=	331	1		1	5.971	1.511	9.063
17:0		142	1		1	2.735	0.692	4.151
18:0 20:0		142	1		1	2.735	0.692	4.151
22:0	_							
24:0	=							
Fatty acids, total monounsaturated	g 6.!	573	0		1	7.362	1.863	11.174
14:1	=							
15:1 16:1 undifferentiated	-	597	1		1	0.669	0.169	1.015
17:1	=	,,,,	_		_	0.005	0.103	1.015
18:1 undifferentiated	=	549	1		1	6.327	1.601	9.603
20:1	g 0.0	000	0		1	0.000	0.000	0.000
22:1 undifferentiated	=	000	0		1	0.000	0.000	0.000
24:1 c		7.65	0		1	0.055	0.015	1 201
Fatty acids, total polyunsaturated		765 393	1		1	0.857 0.440	0.217 0.111	1.301 0.668
18:3 undifferentiated		372	1		1	0.417	0.105	0.632
18:4		000	0		1	0.000	0.000	0.000
20:2 n-6 c,c	g							
20:3 undifferentiated								
20:4 undifferentiated	=		0		1 1	0.000	0.000	0.000
20:5 n-3 (EPA)		,00	U		_	0.000	0.000	0.000
22:4	-							
22:5 n-3 (DPA)		000	0		1	0.000	0.000	0.000
22:6 n-3 (DHA)		000	0		1	0.000	0.000	0.000
Fatty acids, total trans		2	649 6	A	1	89	22	135
CholesterolPhytosterols	0	3.	049 0	A	1	89	22	135
•	5							
Amino Acids: Tryptophan	a 0.1	515	0	A	1	0.576	0.146	0.875
Threonine		983	0	A	1	1.101	0.279	1.671
Isoleucine		L35	0	A	1	1.271	0.322	1.930
Leucine	g 1.8	326	0	A	1	2.045	0.518	3.104
Lysine	0	965	0	A	1	1.081	0.274	1.640
Methionine	0	515	0	A A	1 1	0.576 0.129	0.146	0.875
CystinePhenylalanine		L15)11	0	A A	1	1.132	0.033 0.287	0.196 1.718
Tyrosine)43	0	A	1	1.132	0.296	1.718
Valine		322	0	A	1	1.480	0.375	2.247
Arginine		515	0	A	1	0.576	0.146	0.875
Histidine		515	0	A	1	0.576	0.146	0.875
Alanine	0	707	0	A	1	0.792	0.200	1.202
Aspartic acid		533 158	0 0	A A	1 1	1.829 4.993	0.463 1.264	2.775
Glutamic acidGlycine		158 515	0	A A	1	4.993 0.576	1.264 0.146	7.579 0.875
0., 0.110		· -	•		_	3.370	3.210	

	<u>Amount in</u>	100 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Er		Deriv		Confidence Code		Measure 2	Measure 3
Prolina G	2.351	0	A	1		2.633	0.667	3.997
Proline	0.735	0	A	1		0.823	0.208	1.249
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 112g: 1 cup, shredded

Measure 2 = 28.35g: 1 oz Measure 3 = 170g: 6 slices

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in	100 gr	ram s	of edik	ole portio	<u>n</u>	Amount in e	edible portion	of common
				Nur	nber				m	easures of fo	od
							Source (Confidence	_		
Nutrients and Un	nits	Mean	Std. Er			Code		Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	48.3	В		18		1		13.72	8.71	
Energy	-	318			0	NC	4		90	57	
Energy		1332			0		4		378	240	
Protein (N x 6.38)		21.6)		0		1		6.12	3.89	
Total lipid (fat)		24.6	4	1.386	4		1		6.99	4.44	
Ash	-	2.9	L		0		1		0.82	0.52	
Carbohydrate, by difference	_	2.4			0	NC	4		0.70	0.44	
Fiber, total dietary		0.0			0		4		0.0	0.0	
Sugars, total		1.0	L		0	BFNN	4		0.29	0.18	
Starch											
Minerals:											
Calcium, Ca	<u>m</u> g	575			0		1		163	103	
Iron, Fe		0.2)		0		1		0.06	0.04	
Magnesium, Mg		21			0		1		6	4	
Phosphorus, P		412			0		1		117	74	
Potassium, K	•	75			0		1		21	13	
Sodium, Na	_	710			0	NR	4		201	128	
Zinc, Zn		2.4			0		1		0.70	0.44	
Copper, Cu		0.0			0		1		0.006	0.004	
Manganese, Mn		0.0	19		0		1		0.003	0.002	
Selenium, Se	µg	16.1			U	BFNN	4		4.6	2.9	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0			0		1		0.0	0.0	
Thiamin	mg	0.0	16		0		1		0.005	0.003	
Riboflavin	mg	0.2	70		0		1		0.077	0.049	
Niacin	mg	0.0	94		0		1		0.027	0.017	
Pantothenic acid	mg	0.0	71		0		1		0.020	0.013	
Vitamin B-6	mg	0.0	52		0		1		0.018	0.011	
Folate, total		8			0		1		2	1	
Folic acid	· -	0			0	Z	7		0	0	
Folate, food		8			0		1		2	1	
Folate, DFE		8			0	NC	4		2	1	
Choline, total	_	15.0			0	BFNN	4		4.3	2.7	
Betaine	•		_				_				
Vitamin B-12		0.7			0	_	1		0.21	0.13	
Vitamin B-12, added		0.0)		0	Z	7		0.00	0.00	
Vitamin A, RAE		197			0	NC	4		56	35	
Retinol		192			0	BFFN	4		54	35	
Carotene, beta		63 0			0	BFFN	4 7		18	11	
Carotene, alpha					0	Z	7		0	0	
Cryptoxanthin, beta		0 7 4 5			0	Z NC	4		0 211	0	
Vitamin A, IU		745			0	NC Z	7		0	134 0	
Lycopene		0			0	Z	7		0	0	
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.2	1		0	BFFN	4		0.06	0.04	
Vitamin E (alpha-tocopherol) Vitamin E, added	_	0.2			0	Z	7		0.00	0.04	
Tocopherol, beta		0.0	•		J	4	,		0.00	0.00	
Tocopherol, gamma	_										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.5			0	AS	1		0.1	0.1	
Vitamin D		18			0	BFFN	4		5	3	
Vitamin K (phylloquinone)		2.5			0	BFFN	4		0.7	0.5	
Dihydrophylloquinone											
Menaquinone-4											
1											

		<u>Am</u>	ount	in 10	0 gram s	of edi	ble portion	<u>1</u>	Amount in a	edible portion o	of common
					Aluma barra					easures of foo	
					Number of Data		Source C	onfidence	<u></u>		<u></u>
Nutrients and Units		Mean	Std.	Error	Points		Code	Code	Measure 1	Measure 2	Measure 3

Lipids:	~	15 50			•				4 410	0.001	
Fatty acids, total saturated	_	15.56 0.84			0 1		1 1		4.412 0.239	2.801 0.152	
6:0		0.17			1		1		0.050	0.032	
8:0		0.20			1		1		0.058	0.037	
10:0	g	0.41	L2		1		1		0.117	0.074	
12:0	-	0.25	55		1		1		0.072	0.046	
13:0	-				_		_				
14:0 15:0	_	2.68	33		1		1		0.761	0.483	
16:0	-	7.49	91		1		1		2.124	1.348	
17:0	-	,,,,,	-		_		-		2.121	1.510	
18:0		2.88	30		1		1		0.816	0.518	
20:0	0										
22:0	0										
24:0 Fatty acids, total monounsaturated		7.02	7		0		1		1.992	1.265	
14:1	-	7.02	4 /		U		1		1.992	1.205	
15:1											
16:1 undifferentiated	-	0.82	22		1		1		0.233	0.148	
17:1											
18:1 undifferentiated	-	5.92			1		1		1.680	1.067	
20:1		0.00			0		1		0.000	0.000	
22:1 undifferentiated	•	0.00	00		0		1		0.000	0.000	
Fatty acids, total polyunsaturated	-	0.77	78		0		1		0.221	0.140	
18:2 undifferentiated		0.56			1		1		0.160	0.102	
18:3 undifferentiated	_	0.21	L2		1		1		0.060	0.038	
18:4		0.00	00		0		1		0.000	0.000	
20:2 n-6 c,c											
20:3 undifferentiated		0.00			•		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3 (EPA)		0.00			0		1 1		0.000	0.000 0.000	
21:5		0.00	, ,		ŭ		-		0.000	0.000	
22:4	_										
22:5 n-3 (DPA)	g	0.00	00		0		1		0.000	0.000	
22:6 n-3 (DHA)		0.00	00		0		1		0.000	0.000	
Fatty acids, total trans		20			•				0.5	1.6	
CholesterolPhytosterols		89			0		1		25	16	
Fliytosterois	1119										
Amino Acids:											
Tryptophan		0.30 0.82			0 0		4 1		0.086 0.233	0.054	
Threonine Isoleucine	_	1.03			0		1		0.233	0.148 0.186	
Leucine	-	2.10			0		1		0.597	0.379	
Lysine		2.19			0		1		0.622	0.395	
Methionine	g	0.60)3		0		1		0.171	0.109	
Cystine	g	0.12			0		1		0.037	0.023	
Phenylalanine		1.12			0		1		0.320	0.203	
Tyrosine		1.24			0		1 1		0.354	0.225	
ValineArginine		1.35 0.92			0		1		0.383 0.263	0.243 0.167	
Histidine		0.81			0		1		0.230	0.146	
Alanine	_	0.66			0		1		0.187	0.119	
Aspartic acid	-	1.56	54		0		1		0.443	0.282	
Glutamic acid		5.05			0		1		1.433	0.910	
Glycine		0.41			0		1		0.117	0.074	
Proline	_	2.22			0		1 1		0.631	0.400	
Serine	-	1.25	9		U		Τ.		0.357	0.227	
	9										
Others:	~				^		7		0.0		
Alcohol, ethyl	_	0.0			0	z	7 7		0.0	0.0	
Caffeine	119	U			U	Z	1		U	U	

NDB No. 01027

Cheese, mozzarella, whole milk, low moisture

Amount in 100 grams of edible portion

Number
of Data Deriv Source Confidence

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

omine......mg 0 0 z 7 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 18g: 1 cubic inch

Nutrients and Units

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	unt in 100 gr	ams	of edi	ble portion		Amount in e	dible portion	of common
			Nur	nbei	r			<u>m</u>	easures of foo	<u>od</u>
						Source Confide	ence			
Nutrients and Unit	s	Mean S	td. Error Po					Measure 1	Measure 2	Measure
Proximates:										
Water		41.77	0.506			1		55.14	47.20	11.84
Energy		368		0	NC	4		486	416	104
Energy		1541		0	NC	4		2034	1742	437
Protein (N x 6.38)	-	23.41	0.328	14		1		30.90	26.45	6.64
Total lipid (fat)	g	30.04	0.498	17		1		39.65	33.95	8.52
Ash	g	3.66	0.110	10		1		4.83	4.14	1.04
Carbohydrate, by difference	g	1.12		0	NC	4		1.48	1.27	0.32
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.12		0	NR	4		1.48	1.27	0.32
Starch	g									
Minerals:										
Calcium, Ca	mg	717	25.274	14		1		947	811	203
Iron, Fe	mg	0.41	0.063	5		1		0.54	0.46	0.12
Magnesium, Mg	mg	27	0.955	10		1		36	31	8
Phosphorus, P	<u>.</u> mg	468	9.092	11		1		617	529	133
Potassium, K	mg	134	15.673	11		1		177	152	38
Sodium, Na	<u>mg</u>	628	27.405	11		1		829	709	178
Zinc, Zn	<u>mg</u>	2.81	0.066	4		1		3.71	3.18	0.80
Copper, Cu	mg	0.031		0		1		0.041	0.035	0.00
Manganese, Mn	mg	0.008		0		1		0.011	0.009	0.00
Selenium, Se	µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.013	0.001	6		1		0.017	0.015	0.00
Riboflavin	mg	0.320	0.031			1		0.422	0.362	0.09
Niacin	mg	0.103	0.017	18		1		0.136	0.116	0.02
Pantothenic acid	mg	0.190		1		1		0.251	0.215	0.05
Vitamin B-6	_	0.056	0.007			1		0.074	0.063	0.0
Folate, total		12	1.680	25		1		16	14	3
Folic acid		0		0	Z	7		0	0	0
Folate, food		12	1.680			1		16	14	3
Folate, DFE		12		0	NC	4		16	14	3
Choline, total	_	15.4		0	T	4		20.3	17.4	4.4
Betaine	_									
Vitamin B-12		1.47	0.092		_	1		1.94	1.66	0.42
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		298		0	NC	4		393	337	85
Retinol		297		U	_	-		392	336	84
Carotene, beta		13		0	NR	4		17	15	4
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		1012		0	NC	4		1335	1143	287
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.26		0	BFFN -	4		0.34	0.29	0.0
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma										
, 0	-									
Tocotrienol, delta Vitamin D (D2 + D3)		0.6		0	AS	1		0.7	0.6	0.2
		22		0	AS BFFN	4		29	25	6
Vitamin D		2.5		0		4				
Vitamin K (phylloquinone)		2.5		U	BFFN	*		3.3	2.8	0.7
Dihydrophylloquinone	µg									

	<u>Am</u>	ount in 100 g	Amount in edible portion of common						
		Nui	measures of food						
					Source C	onfidence			
Nutrients and Units	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated			0		1		25.229	21.598	5.419
4:0	•				1 1		1.375 0.321	1.177 0.275	0.295 0.069
8:0					1		0.321	0.275	0.078
10:0					1		0.774	0.662	0.166
12:0	g 0.36	7 0.021	6		1		0.484	0.415	0.104
13:0			_		_				
14:0 15:0		2 0.085	6		1		4.055	3.471	0.871
16:0		8 0.219	6		1		12.168	10.416	2.613
17:0									
18:0	g 3.56	9 0.091	6		1		4.711	4.033	1.012
20:0	-								
22:0 24:0									
Fatty acids, total monounsaturated		1	0		1		11.499	9.843	2.470
14:1	-								
15:1	-								
16:1 undifferentiated		3 0.049	6		1		1.284	1.099	0.276
17:1 18:1 undifferentiated		8 0.182	6		1		9.686	8.292	2.080
20:1			0		1		0.000	0.000	0.000
22:1 undifferentiated		0	0		1		0.000	0.000	0.000
24:1 c									
Fatty acids, total polyunsaturated			0		1 1		0.873	0.747	0.187
18:2 undifferentiated	-				1		0.569 0.304	0.487 0.260	0.122 0.065
18:4			0		1		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated	-								
20:4 undifferentiated			0		1		0.000	0.000	0.000
20:5 n-3 (EPA)			U		1		0.000	0.000	0.000
22:4	-								
22:5 n-3 (DPA)	g 0.00	0	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)		0	0		1		0.000	0.000	0.000
Fatty acids, total trans Cholesterol		3.402	4		1		126	108	27
Phytosterols		3.402	-		_		120	100	27
•	3								
Amino Acids: Tryptophan	q 0.32	7	0		1		0.432	0.370	0.093
Threonine			0		1		1.172	1.003	0.252
Isoleucine			0		1		1.511	1.294	0.325
Leucine			0		1		2.983	2.554	0.641
Lysine			0		1		2.823	2.417	0.606
Methionine Cystine	-		0		1 1		0.751 0.174	0.643 0.149	0.161 0.037
Phenylalanine			0		1		1.637	1.401	0.352
Tyrosine			0		1		1.482	1.269	0.318
Valine			0		1		1.956	1.675	0.420
Arginine			0		1		1.163	0.996	0.250
HistidineAlanine			0		1 1		1.094 0.891	0.937 0.763	0.235 0.191
Aspartic acid			0		1		2.112	1.808	0.454
Glutamic acid			0		1		7.333	6.277	1.575
Glycine	g 0.44		0		1		0.581	0.497	0.125
Proline	-		0		1		3.424	2.931	0.735
Serine		9	0		1		1.715	1.468	0.368
	··· 3								
Others:	a		•		7		0.0		
Alcohol, ethyl	-		0	z	7 7		0.0	0.0	0.0 0
Carreine	9		J	4	,		Ū	J	U

NDB No. 01030 Cheese, muenster

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number				m	easures of fo	od .
						Source (Confidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	50.50)	0		4		57.07	9.09	14.14
Energy	-	271	,	0	NC	4		306	49	76
Energy		1135		0	NC	4		1282	204	318
Protein		24.70	,	0	NC	4		27.91	4.45	6.92
	=	17.60		0		4		19.89	3.17	4.93
Total lipid (fat)	-	3.70		0	NR	4		4.18	0.67	1.04
Ash	-	3.70		0	NR	4		3.96		
Carbohydrate, by difference			,	0		7		0.0	0.63	0.98
Fiber, total dietary		0.0		-		-			0.0	0.0
Sugars, total		3.50)	0	NR	4		3.96	0.63	0.98
Starch	g									
Minerals:										
Calcium, Ca	-	529		0		4		598	95	148
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.41	-	0		4		0.46	0.07	0.11
Magnesium, Mg		27		0		4		31	5	8
Phosphorus, P		468		0		4		529	84	131
Potassium, K	_	134		0		4		151	24	38
Sodium, Na	-	600		0		4		678	108	168
Zinc, Zn	-	2.81		0		4		3.18	0.51	0.79
Copper, Cu		0.03	31	0		4		0.035	0.006	0.00
Manganese, Mn										
Selenium, Se	µg	14.5		0	CAZN	4		16.4	2.6	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.01	.0	0		4		0.011	0.002	0.00
Riboflavin	mg	0.36	50	0		4		0.407	0.065	0.10
Niacin	mg	0.10	00	0		4		0.113	0.018	0.02
Pantothenic acid	mg									
Vitamin B-6	mg	0.06	50	0		4		0.068	0.011	0.01
Folate, total	µg	12		0		4		14	2	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	12		0		4		14	2	3
Folate, DFE	µg	12		0	NC	4		14	2	3
Choline, total	mg mg	15.4		0	T	4		17.4	2.8	4.3
Betaine	mg									
Vitamin B-12	µg	1.47	,	0		4		1.66	0.26	0.41
Vitamin B-12, added	µg	0.00)	0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	175		0	NC	4		197	31	49
Retinol		174		0	BFFN	4		197	31	49
Carotene, beta		8		0	BFFN	4		9	1	2
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		593		0	NC	4		670	107	166
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.15	5	0	BFFN	4		0.17	0.03	0.04
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta									*****	*****
Tocopherol, gamma	-									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.3		0	AS	1		0.4	0.1	0.1
Vitamin D		13		0	BFFN	4		15	2	4
Vitamin K (phylloquinone)		1.5		0	BFFN	4		1.7	0.3	0.4
Dihydrophylloquinone		1.5		v		-		±•,	•••	0.4
Menaquinone-4	µy									

	<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common measures of food					
			Number						
			of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	10.95	50	0		4		12.374	1.971	3.066
4:0g	0.57	71	0		4		0.645	0.103	0.160
6:0g	0.33	37	0		4		0.381	0.061	0.094
8:0g	0.19	97	0		4		0.223	0.035	0.055
10:0g	0.44	12	0		4		0.499	0.080	0.124
12:09	0.49	94	0		4		0.558	0.089	0.138
13:09									
14:0g	1.76	59	0		4		1.999	0.318	0.495
15:0g									
16:0g	4.62	22	0		4		5.223	0.832	1.294
17:0g									
18:0g	2.13	36	0		4		2.414	0.384	0.598
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	5.09	90	0		4		5.752	0.916	1.425
14:1g									
15:1g									
16:1 undifferentiatedg	0.39	94	0		4		0.445	0.071	0.110
17:1g									
18:1 undifferentiatedg	4.42	21	0		4		4.996	0.796	1.238
20:1g	0.26	55	0		4		0.299	0.048	0.074
22:1 undifferentiatedg	0.00	00	0		7		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg	0.65	50	0		4		0.735	0.117	0.182
18:2 undifferentiatedg	0.39	97	0		4		0.449	0.071	0.111
18:3 undifferentiatedg	0.25		0		4		0.290	0.046	0.072
18:4g	0.00	00	0		7		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	00	0		7		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	00	0		7		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	00	0		7		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00		0		7		0.000	0.000	0.000
Fatty acids, total trans								,	
Cholesterolmg	63		0		4		71	11	18
Phytosterolsmg	- -		-						-
Others:					_				
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 113g: 1 cup, shredded

Measure 2 = 18g: 1 cubic inch

Measure 3 = 28g: 1 slice

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				measures of food						
				Number of Data		Source Co	nnfidence			
Nutrients and Ur	:40	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Wiedii	Stu. ETOI	1 011113	oouc	oouc	Oouc	Wieasure i	Measure 2	Weasure
Proximates:										
Water	g	63.11	1	2	A	1		17.89	53.64	
Energy		253		0	NC	4		72	215	
Energy		1059		0	NC	4		300	900	
Protein (N x 6.38)		9.15	5	2	A	1		2.60	7.78	
Total lipid (fat)		22.78		2	A	1		6.46	19.36	
Ash	-	1.37		2	A	1		0.39	1.16	
				0		4				
Carbohydrate, by difference		3.59	,		NC			1.02	3.05	
Fiber, total dietary		0.0	_	0		4		0.0	0.0	
Sugars, total	g	3.19		2	A	1		0.91	2.72	
Sucrose	g	0.00)	2	A	1		0.00	0.00	
Glucose (dextrose)	g	0.00	ס	2	A	1		0.00	0.00	
Fructose	g	0.00	ס	2	A	1		0.00	0.00	
Lactose		3.19	9	2	A	1		0.91	2.72	
Maltose	g	0.00)	2	A	1		0.00	0.00	
Galactose		0.00)	2	A	1		0.00	0.00	
Starch		0.50)	2	A	1		0.14	0.43	
	_									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	117		2	A	1		33	99	
Iron, Fe	mg	0.13	3	2	A	1		0.04	0.11	
Magnesium, Mg	mg	10		2	A	1		3	9	
Phosphorus, P	<u>mg</u>	138		2	A	1		39	117	
Potassium, K	mg	152		2	A	1		43	129	
Sodium, Na	mg	334		2	A	1		95	283	
Zinc, Zn	mg	0.82	2	2	A	1		0.23	0.70	
Copper, Cu	mg	0.02	27	2	A	1		0.008	0.023	
Manganese, Mn	mg	0.01	11	2	A	1		0.003	0.009	
Selenium, Se	µg	3.0		0	BFNN	4		0.9	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2	A	1		0.0	0.0	
Thiamin	-	0.02	22	2	A	1		0.006	0.019	
Riboflavin	-	0.15		2	A	1		0.044	0.132	
Niacin	-	0.21		2	A	1		0.060	0.132	
Pantothenic acid		0.57		2	A	1		0.163	0.489	
Vitamin B-6		0.04		005 11	Α.	1		0.012	0.485	
		14	±1 U.	2	A	1		4	12	
Folate, total		0		0	Z	7		0	0	
Folic acid				2		1		4	-	
Folate, food		14			A			=	12	
Folate, DFE		14		0	NC	4		4	12	
Choline, total										
Betaine										
Vitamin B-12		0.30	0	2	A	1		0.09	0.25	
Vitamin A, RAE	µg	241		0	NC	4		68	205	
Retinol	µg	239		0	BFFN	4		68	203	
Carotene, beta	µg	27		2	A	1		8	23	
Carotene, alpha	µg	0		2	A	1		0	0	
Cryptoxanthin, beta	µg	0		2	A	1		0	0	
Vitamin A, IU	<u>I</u> U	841		0	NC	4		238	715	
Lycopene	µg	0		2	A	1		0	0	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)		0.40)	2	A	1		0.11	0.34	
Tocopherol, beta		0.00)	2	A	1		0.00	0.00	
Tocopherol, gamma		0.03		2	A	1		0.01	0.03	
Tocopherol, delta		0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha		0.00		2	A	1		0.00	0.00	
Tocotrienol, beta		0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma		0.00		2	A	1		0.00	0.00	
Tocotrienol, delta		0.00		2	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Vitamin D (D2 + D3)......µg Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg Vitamin D.....IU Vitamin K (phylloquinone)......µg 1.7 2 Α 1 0.5 1.5 Dihydrophylloquinone.....µg 0.0 A 1 0.0 0.0 Menaquinone-4.....µg 9.3 2 Α 1 2.6 7.9 Lipids: Fatty acids, total saturated.....g 12.790 0 NC 4 3.626 10.871 0.609 0.067 0.173 6 1 0.518 4:0.....g 6:0.....g 0.210 0.009 6 1 0.060 0.179 0.242 2 0.069 0.206 1 8:0.....g Α 10:0.....g 0.548 2 A 1 0.155 0.466 0.607 1 0.172 0.516 12:0 a Α 13:0.....g 2.025 2 Α 1 0.574 1.721 14:0.....g 15:0.....g 0.209 2 А 1 0.059 0.178 16:0.....g 5.633 A 1 1.597 4.788 2 17:0.....g 0.119 Α 1 0.034 0.101 2.555 2 Α 1 0.724 2.171 20:0.....g 0.033 2 Α 1 0.009 0.028 22:0.....g 0.000 2 0.000 0.000 Α 1 24:0.....g Fatty acids, total monounsaturated......g 5.784 0 NC 1.640 4.916 0.137 0.161 2 0.046 14:1.....g Α 1 15:1.....g 0.000 2 А 1 0.000 0.000 2 0.297 1 0.084 0.252 16:1 undifferentiated......g Α 0.000 2 1 0.000 0.000 17:1.....g Α 5.326 2 1 4.527 18:1 undifferentiated......g Α 1.510 0.000 20:1.....g 0.000 2 0.000 22:1 undifferentiated......g 24:1 c.....g 0.970 0 NC 4 0.275 0.824 18:2 undifferentiated......g 0.696 2 А 1 0.197 0.592 0.117 0 AS 1 0.033 0.100 18:3 n-3 c,c,c (ALA)......g 0.117 2 Α 1 0.033 0.100 0.000 2 0.000 0.000 18:3 n-6 c.c.c......g А 1 18:3i.....g 18:4......g 0.000 2 1 20:2 n-6 c,c.....g Α 0.000 0.000 0.000 20:3 undifferentiated.....g 0.000 А 1 0.000 20:3 n-3.....g 20:3 n-6.....g 0.039 Α 1 0.011 0.033 20:4 n-6.....g 20:5 n-3 (EPA)......g 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 22:6 n-3 (DHA)......g Fatty acids, total trans......g 74 2 Α 1 21 63 Cholesterol....mg Phytosterols....mg Amino Acids: Tryptophan.....g 0.106 0 А 1 0.030 0.090 0.359 0 Α 1 0.102 0.306 Threonine.....g 0.501 0 0.142 0.425 Isoleucine.....g А 1 1.013 0 А 1 0.287 0.861 0.875 0 0.248 0.744 Α 1 0.294 0 А 1 0.083 0.250 Methionine.....g 0.064 0 A 1 0.018 0.055 Cystine.....g 0.448 0 Α 1 0.127 0.381 Phenylalanine.....g 0.468 0.133 1 0.398 Tyrosine......g

	Amount in	100 grams	Amount in edible portion of common					
			Deriv	Source Co			easures of foo	_
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Valina	0.609	0	A	1		0.173	0.518	
Valineg Arginineg	0.363	0	A	1		0.103	0.318	
Histidineg	0.270	0	A	1		0.077	0.230	
Alanineg	0.283	0	A	1		0.080	0.241	
Aspartic acidg	0.794	0	A	1		0.225	0.675	
Glutamic acidg	2.013	0	A	1		0.571	1.711	
Glycineg	0.218	0	A	1		0.062	0.186	
Prolineg	1.027	0	A	1		0.291	0.873	
Serineg	0.577	0	A	1		0.164	0.491	
Hydroxyprolineg	0.000	2	A	1		0.000	0.000	

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amou	<u>ınt in 100 g</u>	Amount in edible portion of common						
			Nu	measures of food						
						Source	Confidence			
Nutrients and Un	ite	Mean St	d. Error P			Code	Code	Measure 1	Measure 2	Measure
Nutrients and On	iii S	Mean St	.u. Error ·	Oiiito	Oout	Joue	Oouc	weasure i	weasure 2	Wieasure
Proximates:										
Water	g	50.60		0	BFZN	4		50.60	2.53	14.35
Energy	kcal	265		0	NC	4		265	13	75
Energy	kJ	1111		0	NC	4		1111	56	315
Protein	g	20.00		1	LC	8		20.00	1.00	5.67
Total lipid (fat)	g	20.00		1	LC	8		20.00	1.00	5.67
Ash	g	8.03	0.389	9 6	A	1		8.03	0.40	2.28
Carbohydrate, by difference	g	1.37		0	NC	4		1.37	0.07	0.39
Fiber, total dietary		0.0		1	LC	8		0.0	0.0	0.0
Sugars, total		0.00		1	LC	8		0.00	0.00	0.00
Starch										
Minerals:_										
Calcium, Ca	-	1109	15.109		A	1		1109	55	315
Iron, Fe	-	0.90	0.105		A	1		0.90	0.04	0.25
Magnesium, Mg		38	1.376		A	1		38	2	11
Phosphorus, P		729	10.001		A	1		729	36	207
Potassium, K		125	17.696		A	1		125	6	35
Sodium, Na	-	1529	51.778		A	1		1529	76	433
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.87	0.831		A	1		3.87	0.19	1.10
Copper, Cu		0.238	0.064		A	1 1		0.238	0.012	0.06
Manganese, Mn		0.085	0.015		A A	1		0.085	0.004	0.02
Selenium, Se	µg	17.7	3.528	3	A	1		17.7	0.9	5.0
Vitamins:_										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.029	0.004	1 3	A	1		0.029	0.001	0.00
Riboflavin	mg	0.486	0.014	1 3	A	1		0.486	0.024	0.13
Niacin	mg	0.114	0.008	3	A	1		0.114	0.006	0.03
Pantothenic acid	mg	0.325		2	A	1		0.325	0.016	0.09
Vitamin B-6	mg	0.049	0.003	3	A	1		0.049	0.002	0.01
Folate, total	µg	10		2	A	1		10	1	3
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	10		2	A	1		10	1	3
Folate, DFE	µg	10		0	NC	4		10	1	3
Choline, total	mg	20.7		0	BFSN	4		20.7	1.0	5.9
Betaine	mg									
Vitamin B-12		2.26	0.237	7 3	A	1		2.26	0.11	0.64
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE	µg	160		0	NC	4		160	8	45
Retinol	µg	156		0	BFFN	4		156	8	44
Carotene, beta	µg	51		0	BFFN	4		51	3	15
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		605		0	NC	4		605	30	171
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFFN	4		0.17	0.01	0.05
Vitamin E, added		0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.4		0	AS	1		0.4	0.0	0.1
Vitamin D		15		0	BFFN	4		15	1	4
Vitamin K (phylloquinone)		1.7		0	BFFN	4		1.7	0.1	0.5
Dihydrophylloquinone										
Menaquinone-4										

		<u>Am</u>	ount	t in 10	0 grams	of edil	ole portic	on_	Amount in e		
					Number				<u>m</u>	easures of foo	<u>)d</u>
							Source	Confidence			
Nutrients and Units	М	ean	Std.	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	g	13.31	L7		0		1		13.317	0.666	3.775
4:0	g	1.05	54		1		1		1.054	0.053	0.299
6:0		0.39			1		1		0.395	0.020	0.112
8:0		0.21			1		1		0.211	0.011	0.060
10:0	-	0.52			1		1		0.526	0.026	0.149
12:0 13:0	-	0.70)9		1		1		0.709	0.035	0.201
14:0	-	2.36	52		1		1		2.362	0.118	0.670
15:0	-	2.50			-		-		2.502	0.110	0.070
16:0	-	5.65	53		1		1		5.653	0.283	1.603
17:0	g										
18:0	g	1.86	58		1		1		1.868	0.093	0.530
20:0	-										
22:0	-										
24:0		c 00			•		1		6 000	0 205	1 700
Fatty acids, total monounsaturated		6.09	98		0		1		6.098	0.305	1.729
14:1 15:1											
16:1 undifferentiated		0.32	20		1		1		0.320	0.016	0.091
17:1			-		_		_			****	
18:1 undifferentiated	-	5.40)2		1		1		5.402	0.270	1.531
20:1	g	0.00	00		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.00	00		0		1		0.000	0.000	0.000
24:1 c	-										
Fatty acids, total polyunsaturated		0.46			0		1		0.462	0.023	0.131
18:2 undifferentiated	-	0.22			1		1		0.221	0.011	0.063
18:3 undifferentiated		0.24			1		1		0.241	0.012	0.068
18:4	-	0.00	00		0		1		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated											
20:4 undifferentiated		0.00	00		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)		0.00			0		1		0.000	0.000	0.000
21:5											
22:4	g										
22:5 n-3 (DPA)	g	0.00	00		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.00	00		0		1		0.000	0.000	0.000
Fatty acids, total trans	-										
Cholesterol		88		6.	080 3	A	1		88	4	25
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.24	10		0	LC	8		0.240	0.012	0.068
Threonine	g	1.51	L9		0	LC	8		1.519	0.076	0.431
Isoleucine		1.20			0	LC	8		1.200	0.060	0.340
Leucine	-	2.98			0	LC	8		2.983	0.149	0.846
Lysine		2.45			0	LC	8		2.459	0.123	0.697
Methionine		0.36			0	LC	8		0.369	0.018	0.105
Cystine		0.02			0	LC	8 8		0.028 1.604	0.001 0.080	0.008
Phenylalanine Tyrosine		1.96			0	LC LC	8		1.968	0.080	0.455 0.558
Valine		1.49			0	LC	8		1.498	0.038	0.425
Arginine		1.32			0	LC	8		1.324	0.066	0.375
Histidine		0.75			0	LC	8		0.752	0.038	0.213
Alanine	-	0.95			0	LC	8		0.956	0.048	0.271
Aspartic acid	-	1.96			0	LC	8		1.963	0.098	0.557
Glutamic acid	g	7.27			0	LC	8		7.279	0.364	2.064
Glycine	g	0.59	98		0	LC	8		0.598	0.030	0.170
Proline		3.23			0	LC	8		3.231	0.162	0.916
Serine	-	1.61	L 4		0	LC	8		1.614	0.081	0.457
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0			0	Z	7		0.0	0.0	0.0
Caffeine	mg	0			0	Z	7		0	0	0

NDB No. 01204

Cheese, parmesan, dry grated, reduced fat

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup Measure 2 = 5.0g: 1 tbsp Measure 3 = 28.35g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Proximates:	22.65 420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00 0.00	0.454 1.940 1.131	11	e Code 1 1 C 4 C 4	Confidence Code	Measure 1	edible portion of easures of food Measure 2	
Proximates: Water 9 Energy kJ Protein (N x 6.38) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Galactose 9 Fructose 9 Galactose 9 Starch 9 Maltose 9 Palactose 9 Magnesium, Me mg	22.65 420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00 0.00	of D Error Poin 0.454 1.940 1.131	11	e Code 1 1 C 4 C 4		22.65		Measure
Proximates: Water 9 Energy kJ Protein (N x 6.38) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Glucose 9 Glucose 9 Glucose 9 Glucose 9 <tr< th=""><th>22.65 420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00 0.00</th><th>0.454 1.940 1.131</th><th>11</th><th>e Code 1 1 C 4 C 4</th><th></th><th>22.65</th><th></th><th>Measure 3</th></tr<>	22.65 420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00 0.00	0.454 1.940 1.131	11	e Code 1 1 C 4 C 4		22.65		Measure 3
Water	420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00	1.940 1.131	0 N 0 N 11 .	C 4			1 12	
Water 9 Energy kcal Energy kJ Protein (N x 6.38) 9 Total lipid (fat) 9 Ash 9 Carbohydrate, by difference 9 Fiber, total dietary 9 Sugars, total 9 Sucrose 9 Glucose (dextrose) 9 Fructose 9 Glucose (dextrose) 9 Fructose 9 Maltose 9 Galactose 9 Starch 9 Maltose 9 Galactose 9 Starch 9 Milloreals 9 Calcium, Ca mg Mg Mg Magnesium, Mg mg Photassium, K mg Mg Mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Wanganese, Mn mg Vitamins:	420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00	1.940 1.131	0 N 0 N 11 .	C 4			1 12	
Energy	420 1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00	1.940 1.131	0 N 0 N 11 .	C 4			1 12	
Energy	1757 28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00 0.00	1.131	0 N 11 :	C 4				6.42
Protein (N x 6.38). 9 Total lipid (fat). 9 Ash	28.42 27.84 7.18 13.91 0.0 0.07 0.00 0.00	1.131	11 11			420	21	119
Total lipid (fat)	27.84 7.18 13.91 0.0 0.07 0.00 0.00	1.131	11 /	\ 1		1757	88	498
Ash	7.18 13.91 0.0 0.07 0.00 0.00					28.42	1.42	8.06
Carbohydrate, by difference	13.91 0.0 0.07 0.00 0.00	0.216	11	1		27.84	1.39	7.89
Fiber, total dietary	0.0 0.07 0.00 0.00 0.00			1		7.18	0.36	2.04
Sugars, total. 9 Sucrose. 9 Glucose (dextrose). 9 Fructose. 9 Lactose. 9 Maltose. 9 Galactose. 9 Starch. 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin G. total ascorbic acid. mg Vitamin C, total ascorbic acid. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12, added. µg	0.07 0.00 0.00 0.00			C 4		13.91	0.70	3.94
Sucrose 9 Glucose (dextrose) 9 Fructose 9 Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin G Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12, added µg <t< td=""><td>0.00 0.00 0.00</td><td></td><td>0</td><td>4</td><td></td><td>0.0</td><td>0.0</td><td>0.0</td></t<>	0.00 0.00 0.00		0	4		0.0	0.0	0.0
Glucose (dextrose)	0.00			s 1		0.07	0.00	0.02
Fructose	0.00		1	1		0.00	0.00	0.00
Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals:			1	1		0.00	0.00	0.00
Lactose 9 Maltose 9 Galactose 9 Starch 9 Minerals: Calcium, Ca mg Iron, Fe mg Magnesium, Mg mg Phosphorus, P mg Potassium, K mg Sodium, Na mg Zinc, Zn mg Manganese, Mn mg Selenium, Se µg Vitamins: Vitamin G Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin A, RAE µg Vitamin A, RAE µg Carotene, beta µg Carotene, alpha µg Cryptoxanthin, beta <td></td> <td></td> <td>1</td> <td>1</td> <td></td> <td>0.00</td> <td>0.00</td> <td>0.00</td>			1	1		0.00	0.00	0.00
Maltose	0.00		1 :	1		0.00	0.00	0.00
Galactose 9 Starch 9 Minerals: ————————————————————————————————————	0.00		1	1		0.00	0.00	0.00
Starch 9 Minerals: Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	0.07		1	1		0.07	0.00	0.02
Calcium, Ca. mg Iron, Fe. mg Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Wg Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid mg Vitamin B-6. mg Folate, total. µg Folic acid µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added µg Vitamin A, RAE µg Retinol. µg Carotene, beta. µg Carotene, alpha µg C								
Iron, Fe								
Magnesium, Mg. mg Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	853	56.673				853	43	242
Phosphorus, P. mg Potassium, K. mg Sodium, Na. mg Zinc, Zn. mg Copper, Cu. mg Manganese, Mn. mg Selenium, Se. µg Vitamins: wg Vitamin C, total ascorbic acid mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	0.49	0.073				0.49	0.02	0.14
Potassium, K	34	1.326				34	2	10
Sodium, Na	627	32.990				627	31	178
Zinc, Zn	180		11 A			180	9	51
Copper, Cu	1804	82.631				1804	90	511
Manganese, Mn. mg Selenium, Se. µg Vitamins: vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carytoxanthin, beta. µg	4.20		11 A			4.20	0.21	1.19
Vitamins:	0.040		11 A			0.040	0.002	0.01
Vitamins:	0.071		11 A			0.071	0.004	0.02
Vitamin C, total ascorbic acid mg Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total µg Folic acid µg Folate, food µg Folate, DFE µg Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Retinol µg Carotene, beta µg Carotene, alpha µg Cryptoxanthin, beta µg	34.4	3.910	5 A	1		34.4	1.7	9.7
Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg								
Riboflavin	0.0		0	1		0.0	0.0	0.0
Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	0.026	0.004	5 A			0.026	0.001	0.00
Pantothenic acid	0.358	0.028	5 A			0.358	0.018	0.10
Vitamin B-6. mg Folate, total. µg Folic acid. µg Folate, food. µg Folate, DFE. µg Choline, total. mg Betaine. mg Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	0.080	0.016	5 A			0.080	0.004	0.02
Folate, total	0.450	0.018	3 A			0.450	0.022	0.12
Folic acid	0.081	0.005	5 A			0.081	0.004	0.02
Folate, food	6		1 A			6	0	2
Folate, DFE	0		0 z			0	0	0
Choline, total mg Betaine mg Vitamin B-12 µg Vitamin B-12, added µg Vitamin A, RAE µg Retinol µg Carotene, beta µg Carotene, alpha µg Cryptoxanthin, beta µg	6		1 A			6	0	2
Betaine	6		0 N			6	0	2
Vitamin B-12. µg Vitamin B-12, added. µg Vitamin A, RAE. µg Retinol. µg Carotene, beta. µg Carotene, alpha. µg Cryptoxanthin, beta. µg	14.1		0 A			14.1	0.7	4.0
Vitamin B-12, added µg Vitamin A, RAE µg Retinol µg Carotene, beta µg Carotene, alpha µg Cryptoxanthin, beta µg	0.2		1 A			0.2	0.0	0.0
Vitamin A, RAE	1.40	0.162	5 A			1.40	0.07	0.40
Retinolµg Carotene, betaµg Carotene, alphaµg Cryptoxanthin, betaµg	0.00		0 2			0.00	0.00	0.00
Carotene, betaµg Carotene, alphaµg Cryptoxanthin, betaµg	262		0 N			262	13	74
Carotene, alphaµg Cryptoxanthin, betaµg	255		1 A			255	13	72
Cryptoxanthin, betaµg	73		0 BF			73	4	21
	0		0 2			0	0	0
Vitamin A, IUIU	0		0 2			0	0	0
-	974		0 N			974	49	276
Lycopeneµg	0		0 Z			0	0	0
Lutein + zeaxanthinµg	0	_	0 z			0	0	0
Vitamin E (alpha-tocopherol)	0.53	0.030	5 A			0.53	0.03	0.15
Vitamin E, addedmg	0.00	_	0 z			0.00	0.00	0.00
Tocopherol, betamg	0.00	0.000	5 A			0.00	0.00	0.00
Tocopherol, gammag	0.01	0.010	5 A			0.01	0.00	0.00
Tocopherol, deltamg	0.00	0.000	5 A	1 1		0.00	0.00	0.00

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, betamg	g 0.00	0.000	5	A	1		0.00	0.00	0.00	
Tocotrienol, gammamg	0.00	0.000	5	A	1		0.00	0.00	0.00	
Tocotrienol, deltamg		0.000	5	A	1		0.00	0.00	0.00	
Vitamin D (D2 + D3)			0	AS	1		0.5	0.0	0.1	
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg			0	BFFN	4		0.5	0.0	0.1	
Vitamin D3 (cholecalcherol)pg	21		0	BFFN	4		21	1	6	
Vitamin K (phylloquinone)			2	A	1		1.7	0.1	0.5	
Dihydrophylloquinoneµg			2	A	1		0.0	0.0	0.0	
Menaquinone-4µg	7.1		2	A	1		7.1	0.4	2.0	
Lipids:										
Fatty acids, total saturated	15.37	1	0	NC	4		15.371	0.769	4.358	
4:0	0.49	0.039	11	A	1		0.493	0.025	0.140	
6:0g	0.42	22 0.034	11	A	1		0.422	0.021	0.120	
8:0g	0.26	0.021	11	A	1		0.265	0.013	0.075	
10:0g	0.63	0.051	11	A	1		0.632	0.032	0.179	
12:0g	0.72	0.057	11	A	1		0.726	0.036	0.206	
13:0g				_	_					
14:0	2.33 0.24			A A	1 1		2.333 0.240	0.117 0.012	0.661 0.068	
15:0g 16:0g	7.48			A	1		7.481	0.012	2.121	
17:0	0.14			A	1		0.148	0.007	0.042	
18:0	2.56			A	1		2.565	0.128	0.727	
20:0g	0.04			A	1		0.046	0.002	0.013	
22:0g	0.01	2 0.000	11	A	1		0.012	0.001	0.003	
24:0g	0.00	0.001	11	A	1		0.009	0.000	0.003	
Fatty acids, total monounsaturatedg	7.13	30	0	NC	4		7.130	0.357	2.021	
14:1g	0.22			A	1		0.229	0.011	0.065	
15:1	0.00			A	1		0.000	0.000	0.000	
16:1 undifferentiated	0.36			AS A	1 1		0.365 0.287	0.018 0.014	0.104 0.082	
16:1 cg 16:1 tg	0.23			A	1		0.287	0.014	0.082	
17:1g	0.04			A	1		0.045	0.002	0.013	
18:1 undifferentiated	6.44			AS	1		6.441	0.322	1.826	
18:1 cg	5.81	.5 0.294	11	A	1		5.815	0.291	1.648	
18:1 tg	0.62	0.041	11	A	1		0.626	0.031	0.178	
18:1-11 t (18:1t n-7)g										
20:1g	0.04			A	1		0.049	0.002	0.014	
22:1 undifferentiated	0.00			AS	1		0.001	0.000	0.000	
22:1 cg 22:1 tg	0.00			A	1 1		0.001	0.000	0.000	
24:1 c	0.00			A A	1		0.000 0.000	0.000	0.000 0.000	
Fatty acids, total polyunsaturated9	1.38		0	NC	4		1.386	0.069	0.393	
18:2 undifferentiated	1.17			AS	1		1.175	0.059	0.333	
18:2 n-6 c,cg	0.87			A	1		0.870	0.043	0.247	
18:2 CLAsg	0.13	0.010	11	A	1		0.136	0.007	0.039	
18:2 t,tg										
18:2 ig										
18:2 t not further defined	0.16			A	1		0.169	0.008	0.048	
18:3 undifferentiated	0.10			AS A	1 1		0.106 0.102	0.005 0.005	0.030 0.029	
18:3 n-6 c.c.c	0.00			A	1		0.002	0.003	0.029	
18:3ig	0.00			A	1		0.002	0.000	0.001	
18:4g	0.00			A	1		0.000	0.000	0.000	
20:2 n-6 c,cg	0.00			A	1		0.006	0.000	0.002	
20:3 undifferentiatedg	0.02	0.002	11	AS	1		0.027	0.001	0.008	
20:3 n-3g	0.00			A	1		0.002	0.000	0.000	
20:3 n-6g	0.02			A	1		0.026	0.001	0.007	
20:4 undifferentiatedg	0.04	0.003	11	A	1		0.040	0.002	0.011	
20:4 n-6	0.00	10	0		1		0 000	0 000	0.000	
20:5 n-3 (EPA)	0.00	,,,	0		1		0.000	0.000	0.000	
۷y										

	<u>Am our</u>	Nun	ber		Amount in 100 grams of edible portion Number of Data Deriv Source Confidenc									
Nutrients and Units	Mean Std	of I Error Po			Source C Code	Confidence Code	Measure 1	Measure 2	Measure 3					
22:4g	0.007	0.001		A	1		0.007	0.000	0.002					
22:5 n-3 (DPA)g	0.015	0.001		A	1		0.015	0.001	0.004					
22:6 n-3 (DHA)g	0.000	0.000		A	1		0.000	0.000	0.000					
Fatty acids, total transg	0.876		0	NC	4		0.876	0.044	0.248					
Fatty acids, total trans-monoenoicg	0.704		0	NC	4		0.704	0.035	0.200					
Fatty acids, total trans-polyenoicg	0.172		0	NC	4		0.172	0.009	0.049					
Cholesterolmg	86	5.260	5	A	1		86	4	25					
Phytosterolsmg														
Amino Acids:														
Tryptophang	0.383		0	A	1		0.383	0.019	0.109					
Threonineg	1.075		0	A	1		1.075	0.054	0.305					
Isoleucine	1.455		0	A	1		1.455	0.073	0.412					
Leucineg	2.747		0	A	1		2.747	0.137	0.779					
Lysineg	2.201		0	A	1		2.201	0.110	0.624					
Methionineg	0.751		0	A	1		0.751	0.038	0.213					
Cystineg	0.090		0	A	1		0.090	0.005	0.026					
Phenylalanineg	1.538		0	A	1		1.538	0.077	0.436					
Tyrosineg	1.720		0	A	1		1.720	0.086	0.488					
Valineg	1.865		0	A	1		1.865	0.093	0.529					
Arginineg	1.157		0	A	1		1.157	0.058	0.328					
Histidineg	0.806		0	A	1		0.806	0.040	0.229					
Alanineg	0.859		0	A	1		0.859	0.043	0.244					
Aspartic acidg	1.975		0	A	1		1.975	0.099	0.560					
Glutamic acidg	6.425		0	A	1		6.425	0.321	1.821					
Glycineg	0.560		0	A	1		0.560	0.028	0.159					
Prolineg	3.415		0	A	1		3.415	0.171	0.968					
Serineg	1.694		0	A	1		1.694	0.085	0.480					
Hydroxyprolineg														
Others:														
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0					
Caffeinemg	0		0	Z	7		0	0	0					
Theobrominemg	0		0	Z	7		0	0	0					

Common Measures:

Measure 1 = 100g: 1 cupMeasure 2 = 5.0g: 1 tbspMeasure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>AM 0</u>	<u>unt in 100 g</u>	ı am s	or ealt	ne portion		dible portion	
			Nu	m be i	r		<u>m</u>	easures of fo	od_
			of	Data	Deriv	Source Confidence	1		
Nutriente and Ilmi	4.0	Mean S	td. Error Po			Code Code		Magazira 2	Magazira
Nutrients and Uni	ıs	wean 5	ta. Error	Jiiita	Oout	oode oode	Measure 1	Measure 2	Measure
Proximates:									
Water	g	29.16	0.623	10		1	8.27	3.00	41.41
Energy	kcal	392		0	NC	4	111	40	557
Energy	kJ	1641		0		4	465	169	2330
Protein (N x 6.38)		35.75	0.793	13		1	10.14	3.68	50.77
Total lipid (fat)		25.83	0.726	24		1	7.32	2.66	36.68
Ash		6.04	0.314	8		1	1.71	0.62	8.58
Carbohydrate, by difference	g	3.22		0	NC	4	0.91	0.33	4.57
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0
Sugars, total		0.80		0	BFNN	4	0.23	0.08	1.14
Starch									
Minerals:	m a	1104	29.713	22		1	226	100	1.001
Calcium, Ca	_	1184 0.82	0.193			1 1	336 0.23	122 0.08	1681 1.10
Iron, Fe	_	0.82 44	0.193			1	0.23 12	0.08 5	62
Magnesium, Mg Phosphorus, P	_	44 694	20.997			1	12 197	5 72	986
Potassium, K		92	5.964			1	26	9	131
Sodium, Na		1376	3.704	0	0	4	390	142	1954
Zinc. Zn	_	2.75	0.043		Ŭ	1	0.78	0.28	3.9
Copper, Cu		0.032		0		1	0.009	0.003	0.04
Manganese, Mn		0.020		0		1	0.006	0.002	0.0
Selenium, Se		22.5		0	BFNN	4	6.4	2.3	32.0
Vitamins:									
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		1	0.0	0.0	0.0
Thiamin	_	0.039		1		1	0.011	0.004	0.05
Riboflavin	_	0.332	0.016			1	0.011	0.034	0.43
Niacin	_	0.332				1	0.077	0.034	0.38
Pantothenic acid	_	0.453	0.017	1		1	0.128	0.020	0.64
Vitamin B-6	_	0.493	0.003			1	0.026	0.009	0.12
Folate, total	_	7	0.737			1	2	1	10
Folic acid		0	••••	0	z	7	0	0	0
Folate, food		7	0.737			1	2	1	10
Folate, DFE		7		0	NC	4	2	1	10
Choline, total		15.4		0	T	4	4.4	1.6	21.9
Betaine	_								
Vitamin B-12		1.20		0		4	0.34	0.12	1.70
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE	µg	207		0	NC	4	59	21	293
Retinol	µg	201		0	BFFN	4	57	21	286
Carotene, beta	µg	66		0	BFFN	4	19	7	94
Carotene, alpha	µg	0		0	Z	7	0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7	0	0	0
Vitamin A, IU	JU	781		0	NC	4	221	80	1109
Lycopene	µg	0		0	Z	7	0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFFN	4	0.06	0.02	0.32
Vitamin E, added	mg	0.00		0	Z	7	0.00	0.00	0.0
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta				_	_			_	
Vitamin D (D2 + D3)		0.5		0	AS	1	0.1	0.0	0.7
Vitamin D		19		0	BFFN	4	5	2	27
Vitamin K (phylloquinone)		1.7		0	BFFN	4	0.5	0.2	2.4
Dihydrophylloquinone	ua								

	<u>Ar</u>	nount in 1	00 gram s	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
			Number					easures of foo	
					Source C	onfidence			<u> </u>
Nutrients and Units	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 16.4	110	0		1		4.652	1.690	23.302
4:0	•		1		1		0.368	0.134	1.845
6:0			1		1		0.138	0.050	0.692
8:0 10:0	0		1 1		1 1		0.074	0.027	0.369 0.920
12:0			1		1		0.184 0.247	0.067 0.090	1.240
13:0	-	373	_		-		0.247	0.030	1.240
14:0	-	911	1		1		0.825	0.300	4.134
15:0	-								
16:0	g 6.9	966	1		1		1.975	0.717	9.892
17:0	-								
18:0		301	1		1		0.652	0.237	3.267
20:0									
24:0									
Fatty acids, total monounsaturated		515	0		1		2.131	0.774	10.671
14:1	_								
15:1	g								
16:1 undifferentiated	-	394	1		1		0.112	0.041	0.559
17:1					_				
18:1 undifferentiated			1		1		1.887	0.686	9.452
20:1 22:1 undifferentiated			0		1 1		0.000	0.000 0.000	0.000
24:1 c	-	500	U		-		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	569	0		1		0.161	0.059	0.808
18:2 undifferentiated	0	272	1		1		0.077	0.028	0.386
18:3 undifferentiated	g 0.2	297	1		1		0.084	0.031	0.422
18:4	g 0.0	000	0		1		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated	-		•		-				
20:4 undifferentiated 20:5 n-3 (EPA)			0		1 1		0.000	0.000	0.000
20:5 II-5 (EPA)		500	U		-		0.000	0.000	0.000
22:4	-								
22:5 n-3 (DPA)	g 0.0	000	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	g 0.0	000	0		1		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol	_	2	.998 4		1		19	7	96
Phytosterols	mg								
Amino Acids:									
Tryptophan	0	182	0		1		0.137	0.050	0.684
Threonine			0		1		0.373	0.136	1.870
Isoleucine	=		0		1		0.537	0.195	2.689
LeucineLvsine	0	152 20 <i>6</i>	0		1 1		0.979 0.937	0.356 0.341	4.902 4.695
Methionine	0		0		1		0.272	0.099	1.360
Cystine		235	0		1		0.067	0.024	0.334
Phenylalanine		922	0		1		0.545	0.198	2.729
Tyrosine		995	0		1		0.566	0.205	2.833
Valine	g 2.4	154	0		1		0.696	0.253	3.485
Arginine			0		1		0.373	0.136	1.870
Histidine	5	384	0		1		0.392	0.143	1.965
Alanine	-		0		1 1		0.297	0.108	1.488
Aspartic acidGlutamic acid	=		0		1		0.634 2.327	0.230 0.846	3.175 11.657
Glycine	0	209 522	0		1		0.176	0.064	0.883
Proline			0		1		1.185	0.431	5.936
Serine	0		0		1		0.586	0.213	2.937
Hydroxyproline	g								
Others:									
Alcohol, ethyl	g 0.0)	0		7		0.0	0.0	0.0
Caffeine	0		0	z	7		0	0	0
- :	5		-	=			-	-	-

NDB No. 01033 Cheese, parmesan, hard

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.3g: 1 cubic inch Measure 3 = 142g: 5 package (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gram	s of edib	ole portion	<u>1</u>	Amount in e	dible portion	of common
			Num be	r			m	easures of fo	od_
					Source C	onfidence			
Nutrients and Un	nits	Mean Std	. Error Points			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	22.20	0		4		22.20	1.11	
	-	451	0	NC	4		451	23	
Energy		1887	0	NC NC	4		1887	23 94	
Energy			0	NC	1		41.60		
Protein	=	41.60	0		1		29.99	2.08	
Total lipid (fat)	-	29.99	-	NTD.	4			1.50	
Ash	-	2.51	0	NR			2.51	0.13	
Carbohydrate, by difference		3.70	0	NC	4		3.70	0.19	
Fiber, total dietary		0.0	0		7		0.0	0.0	
Sugars, total		0.85	0	BFNN	4		0.85	0.04	
Starch	g								
Minerals:									
Calcium, Ca	-	800	0	0	4		800	40	
Iron, Fe		0.95	0		1		0.95	0.05	
Magnesium, Mg		51	0		1		51	3	
Phosphorus, P	-	807	0		1		807	40	
Potassium, K	•	107	0		1		107	5	
Sodium, Na	_	63	0		4		63	3	
Zinc, Zn		3.19	0		1		3.19	0.16	
Copper, Cu		0.037	0		1		0.037	0.002	
Manganese, Mn		23.9	0	BFNN	4		23.9	1.2	
Selenium, Se	µg	23.9	U	BFNN	4		23.9	1.2	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0		7		0.0	0.0	
Thiamin	mg	0.040	0		1		0.040	0.002	
Riboflavin	mg	0.390	0		1		0.390	0.020	
Niacin	mg	0.320	0		1		0.320	0.016	
Pantothenic acid	mg								
Vitamin B-6	mg	0.100	0		1		0.100	0.005	
Folate, total		10	0	NR	4		10	0	
Folic acid		0	0	BFNN	4		0	0	
Folate, food		10	0	BFNN	4		10	0	
Folate, DFE		10	0	NC	4		10	0	
Choline, total		15.4	0	T	4		15.4	0.8	
Betaine			_		_				
Vitamin B-12		1.40	0		1		1.40	0.07	
Vitamin B-12, added		0.00	0	Z	7		0.00	0.00	
Vitamin A, RAE		125	0	NC	4		125	6	
Retinol		123	0	BFFN	4		123	6	
Carotene, beta		32	0	BFFN	4		32	2	
Carotene, alpha		0	0	Z	7		0	0	
Cryptoxanthin, beta		0	0	Z	7		0	0	
Vitamin A, IU		463	0	NC	4		463	23	
Lycopene		0	0	Z	7		0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.27	0	BFFN	4		0.27	0.01	
Vitamin E, added		0.00	U	Z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha Tocotrienol, beta									
Tocotrienol, gamma Tocotrienol, delta									
Vitamin D (D2 + D3)		0.6	0	AS	1		0.6	0.0	
Vitamin D		22	0	BFFN	4		22	1	
Vitamin K (phylloquinone)		2.0	0	BFFN	4		2.0	0.1	
Dihydrophylloquinone		2.0	U	DEEM	-		2.0	0.1	
Menaquinone-4									

		<u>Am</u>	ount in 10			<u>1</u>	Amount in edible portion of common measures of food			
				Number				<u> </u>	easures or roc	<u>ou</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	19.0	51	0		4		19.051	0.953	
4:0		1.5	09	0		4		1.509	0.075	
6:0	_	0.5	59	0		4		0.559	0.028	
8:0	g	0.3	00	0		4		0.300	0.015	
10:0	g	0.7	49	0		4		0.749	0.037	
12:0	g	1.0	19	0		4		1.019	0.051	
13:0	g									
14:0	g	3.3	77	0		4		3.377	0.169	
15:0	g									
16:0	g	8.0	92	0		4		8.092	0.405	
17:0	g									
18:0	g	2.6	77	0		4		2.677	0.134	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.7	21	0		4		8.721	0.436	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.4	60	0		4		0.460	0.023	
17:1	_									
18:1 undifferentiated		7.7	32	0		4		7.732	0.387	
20:1		0.0	00	0		4		0.000	0.000	
22:1 undifferentiated	g	0.0	00	0		4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.6	59	0		4		0.659	0.033	
18:2 undifferentiated	g	0.3	20	0		4		0.320	0.016	
18:3 undifferentiated	_	0.3		0		4		0.340	0.017	
18:4	g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated		0.0		0		4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0		4		0.000	0.000	
21:5										
22:4	_									
22:5 n-3 (DPA)		0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0		4		0.000	0.000	
Fatty acids, total trans	_			_		_			_	
Cholesterol	_	79		0		1		79	4	
Phytosterols	mg									
Others:										
Alcohol, ethyl	_	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 100g: 1 cup, grated

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>An</u>	ount in	100 gr	am s	of edik	ole portio	<u>n</u>	Amount in e	dible portion	of common
				Num	nber				m	easures of fo	<u>od</u>
							Source (Confidence			_
Nutrients and Un	nits	Mean	Std. Err					Code	Measure 1	Measure 2	Measure 3
Proximates:	~	25.0	0		0		1		1.25		
Water	_		U			wa	4				
Energy		415			0	NC			21		
Energy		1737			0	NC	4		87		
Protein (N x 6.38)	g	37.8	6		0		1		1.89		
Total lipid (fat)	g	27.3	4		0		1		1.37		
Ash	g	6.3	9		0		1		0.32		
Carbohydrate, by difference	g	3.4	1		0	NC	4		0.17		
Fiber, total dietary	g	0.0			0		4		0.0		
Sugars, total	g	0.9	0		0	BFZN	4		0.04		
Starch											
Minerals:											
Calcium, Ca	<u>m</u> g	1253			0		1		63		
Iron, Fe	mg	0.8	7		0		1		0.04		
Magnesium, Mg	mg	51		1.014	4		1		3		
Phosphorus, P	<u>mg</u>	735			0		1		37		
Potassium, K	mg	97			0		1		5		
Sodium, Na	mg	1696			0		1		85		
Zinc, Zn	mg	3.1	9	0.050	4		1		0.16		
Copper, Cu	mg	0.0	37		0		1		0.002		
Manganese, Mn	mg	0.0	23		0		1		0.001		
Selenium, Se		23.9			0	BFNN	4		1.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0			0		1		0.0		
Thiamin	-	0.0			0		1		0.002		
Riboflavin	-	0.3			0		1		0.018		
Niacin	-	0.2			0		1		0.014		
Pantothenic acid	-	0.5			1		1		0.026		
Vitamin B-6	-	0.1		0.004	_		1		0.005		
Folate, total	-	8			20		1		0		
Folic acid		0		0.050	0	z	7		0		
Folate, food		8		0.856		_	1		0		
Folate, DFE		8		0.830	0	NC	4		0		
Choline, total		15.4			0	T	4		0.8		
Betaine	-	13.1			U	1	-		0.8		
Vitamin B-12		1.4	^		0		4		0.07		
		0.0			0	BFZN	4		0.00		
Vitamin B-12, added			U		0	NC NC	4				
Vitamin A, RAE		229			0		4		11		
Retinol		223			0	BFZN	4		11		
Carotene, beta		73			0	BFZN	4		4		
Carotene, alpha		0			0	BFZN	4		0		
Cryptoxanthin, beta		0			0	BFZN	4		0		
Vitamin A, IU		865			0	NC	4		43		
Lycopene		0			0	BFZN	4		0		
Lutein + zeaxanthin		0			0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.2			0	BFZN	4		0.01		
Vitamin E, added		0.0	0		0	BFZN	4		0.00		
Tocopherol, beta											
Tocopherol, gamma	-										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	0.5			0	AS	1		0.0		
Vitamin D	<u>I</u> U	21			0	BFZN	4		1		
Vitamin K (phylloquinone)	µg	1.9			0	BFZN	4		0.1		
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

	Am	_						Amount in edible portion of common measures of food			
			Number				<u>m.</u>	easures of foo	<u>a</u>		
Nutrients and Units	Mean	Std. Error			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3		
<u>Lipids:</u>											
Fatty acids, total saturated			0		1		0.869				
4:0	•		1 1		1 1		0.069 0.026				
8:0			1		1		0.014				
10:0	=		1		1		0.034				
12:0	g 0.9	20	1		1		0.046				
13:0	=										
14:0	=	79	1		1		0.154				
16:0	=	78	1		1		0.369				
17:0	=						0,000				
18:0	g 2.4	32	1		1		0.122				
20:0	=										
22:0	=										
24:0		34	0		1		0.437				
14:1			·		_		0.137				
15:1											
16:1 undifferentiated		58	1		1		0.023				
17:1		-0	•		-		0.252				
18:1 undifferentiated			0	BFZN	1 4		0.353 0.009				
22:1 undifferentiated			0	BFZN	4		0.000				
24:1 c	•										
Fatty acids, total polyunsaturated	g 0.6	51	0		1		0.033				
18:2 undifferentiated	=		0		1		0.015				
18:3 undifferentiated	•		1		1		0.017				
18:4		00	0	BFZN	4		0.000				
20:3 undifferentiated											
20:4 undifferentiated		00	0		4		0.000				
20:5 n-3 (EPA)	g 0.0	00	0	BFZN	4		0.000				
21:5	=										
22:4 22:5 n-3 (DPA)	=	20	0	BFZN	4		0.000				
22:6 n-3 (DHA)	•		0	BFZN	4		0.000				
Fatty acids, total trans	•										
Cholesterol	mg 72		0		1		4				
Phytosterols	mg										
Amino Acids:											
Tryptophan	g 0.5	50	0		1		0.028				
Threonine			0		1		0.077				
Isoleucine			0		1		0.110				
Lysine			0		1 1		0.201 0.192				
Methionine			0		1		0.056				
Cystine	•		0		1		0.014				
Phenylalanine			0		1		0.112				
Tyrosine	=		0		1		0.116				
Valine	=		0		1 1		0.143 0.077				
Arginine	•		0		1		0.077				
Alanine	•		0		1		0.061				
Aspartic acid			0		1		0.130				
Glutamic acid			0		1		0.477				
Glycine			0		1		0.036				
Proline			0		1 1		0.243 0.120				
Serine	=	J-±	U		1		0.120				
	<i>.</i>										
Others:	g 0.0		0	BFZN	4		0.0				
Alcohol, ethyl	•		0	BFZN	4		0.0				
Carronic			Ū	UN	-		·				

NDB No. 01146

Cheese, parmesan, shredded

Nutrients and Units

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Mean

Std. Error Points Code Code

Measure 3

Code

Measure 1

Measure 2

BFZN

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	<u>nt in 100 gr</u>	rams	of edi	ble portion		Amount in e	dible portion	of common
			Nur	nbei	r				easures of foo	
						Source Co	nfidence			
Nutrients and	Units	Mean Std	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.61	0.105	13	A	1		11.23	11.09	8.32
Energy	kcal	366		0	NC	4		104	102	77
Energy	kJ	1531		0	NC	4		434	429	322
Protein (N x 6.38)		18.13	0.128	13	A	1		5.14	5.08	3.81
Total lipid (fat)	g	30.71	0.055	13	A	1		8.71	8.60	6.45
Ash	g	6.78	0.124	13	A	1		1.92	1.90	1.42
Carbohydrate, by difference	g	4.78		0	NC	4		1.35	1.34	1.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		2.26	0.092	5	A	1		0.64	0.63	0.48
Sucrose		0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	5	A	1		0.00	0.00	0.00
Lactose	g	2.15	0.092	5	A	1		0.61	0.60	0.45
Maltose		0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose		0.11	0.000	5	A	1		0.03	0.03	0.02
Starch										
Minerals:										
Calcium, Ca	mg	1045	34.600	19	A	1		296	293	219
Iron, Fe	mg	0.63	0.027	19	A	1		0.18	0.18	0.13
Magnesium, Mg	mg	26	0.182	19	A	1		7	7	5
Phosphorus, P	mg	641	14.828	19	A	1		182	179	135
Potassium, K	mg	132	3.899	19	A	1		37	37	28
Sodium, Na		1671	21.213	19	A	1		474	468	351
Zinc, Zn		2.49	0.027	19	A	1		0.71	0.70	0.52
Copper, Cu	mg	0.046	0.005		A	1		0.013	0.013	0.01
Manganese, Mn		0.041	0.001		A	1		0.012	0.012	0.00
Selenium, Se	µg	20.2		3	A	1		5.7	5.7	4.2
Vitamins:	ma	0.0		0		1		0.0	0.0	0.0
Vitamin C, total ascorbic acid	-	0.015		2	A	1		0.004	0.0 0.004	0.00
Thiamin	-	0.015	0.003		A	1		0.066	0.066	0.00
Riboflavin	_	0.234	0.003	2	A	1		0.086		
Niacin Pantothenic acid	-	0.403		2	A	1		0.114	0.021 0.113	0.01 0.08
Vitamin B-6		0.054		2	A	1		0.015	0.113	0.08
		8	0.235		A	1		2	2	2
Folic acid		0	0.233	0	z	7		0	0	0
Folate, food	· -	8	0.235		4	1		2	2	2
Folate, DFE		8	0.233	0	NC	4		2	2	2
Choline, total		19.2		0	AS	1		5.4	5.4	4.0
Betaine	-	2.7		1	A	1		0.8	0.7	0.6
Vitamin B-12	-	1.50	0.030	4	A	1		0.42	0.42	0.31
Vitamin B-12, added		0.00	0.050	0	z	7		0.00	0.00	0.00
Vitamin A, RAE	· -	317		0	AS	1		90	89	67
Retinol		313		3	A	1		89	88	66
Carotene, beta		49		3	A	1		14	14	10
Carotene, alpha		0		3	A	1		0	0	0
Cryptoxanthin, beta		7		3	A	1		2	2	1
Vitamin A, IU		1131		0	AS	1		321	317	237
Lycopene		0		3	A	1		0	0	0
Lutein + zeaxanthin		21		3	A	1		6	6	4
Vitamin E (alpha-tocopherol)		0.80		2	A	1		0.23	0.22	0.17
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.13		2	A	1		0.04	0.04	0.03
Tocopherol, delta		0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha		0.02		2	A	1		0.01	0.01	0.00
Tocotrienol, beta		0.02		2	A	1		0.00	0.00	0.00

	An	Amount in 100 grams of edible portion						Amount in edible portion of common			
			Num					<u>m</u> :	easures of foo	<u>d</u>	
Nutrients and Units	Mean	Std. Err				Source C Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammam	g 0.0	3		2	A	1		0.01	0.01	0.01	
Tocotrienol, deltam		8		2	A	1		0.02	0.02	0.02	
Vitamin D (D2 + D3)µ§	7.5			2	AS	1		2.1	2.1	1.6	
Vitamin D2 (ergocalciferol)µg				1	A	1		0.0	0.0	0.0	
Vitamin D3 (cholecalciferol)µŞ Vitamin D		1		1 1	A A	1 1		2.1 85	2.1 84	1.6 63	
Vitamin K (phylloquinone)				2	A	1		1.1	1.0	0.8	
Dihydrophylloquinone											
Menaquinone-4		•		2	A	1		4.0	3.9	3.0	
Lipids:											
Fatty acids, total saturated	18.0	57		0	NC	4		5.119	5.056	3.792	
4:0g	0.6	15	0.012	5	A	1		0.174	0.172	0.129	
6:0g	0.5	09	0.004	5	A	1		0.144	0.143	0.107	
8:0g	0.3		0.004	5	A	1		0.094	0.093	0.070	
10:0g	0.8		0.006	5	A	1		0.227	0.225	0.168	
12:0	0.8	84	0.013	5	A	1		0.251	0.247	0.186	
13:0g 14:0g	2.9	37	0.027	5	A	1		0.833	0.822	0.617	
15:0	0.3		0.002	5	A	1		0.088	0.087	0.065	
16:0g	8.1	61	0.081	5	A	1		2.314	2.285	1.714	
17:0g	0.1	90	0.000	5	A	1		0.054	0.053	0.040	
18:0g	3.2		0.056	5	A	1		0.913	0.902	0.677	
20:0g	0.0		0.002	5	A	1		0.013	0.013	0.010	
22:0g 24:0g	0.0		0.001	5 5	A A	1 1		0.006 0.003	0.006 0.003	0.004 0.002	
Fatty acids, total monounsaturatedg	8.2		0.000	0	NC	4		2.335	2.306	1.730	
14:1	0.2		0.005	5	A	1		0.069	0.068	0.051	
15:1g	0.0	00	0.000	5	A	1		0.000	0.000	0.000	
16:1 undifferentiatedg	0.5	00	0.014	5	AS	1		0.142	0.140	0.105	
16:1 cg	0.3		0.014	5	A	1		0.112	0.110	0.083	
16:1 tg	0.1		0.000	5	A	1 1		0.030	0.030	0.022	
17:1g 18:1 undifferentiatedg	0.0 7.2		0.001 0.046	5 5	A As	1		0.017 2.042	0.017 2.017	0.013 1.513	
18:1 cg	6.3		0.047	5	A	1		1.803	1.781	1.336	
18:1 tg	0.8		0.005	5	A	1		0.239	0.236	0.177	
18:1-11 t (18:1t n-7)											
20:1g	0.2		0.006	5	A	1		0.064	0.063	0.047	
22:1 undifferentiatedg	0.0		0.001	5	AS	1		0.000	0.000	0.000	
22:1 cg	0.0		0.001	5	A	1		0.000	0.000	0.000	
22:1 tg 24:1 cg	0.0		0.000 0.001	5 5	A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000	
Fatty acids, total polyunsaturatedg	1.2		0.001	0	NC	4		0.365	0.360	0.270	
18:2 undifferentiatedg	1.0		0.022	5	AS	1		0.284	0.281	0.211	
18:2 n-6 c,cg	0.7	90	0.016	5	A	1		0.224	0.221	0.166	
18:2 CLAsg	0.0	18	0.001	5	A	1		0.005	0.005	0.004	
18:2 t,t9											
18:2 i	0.1	0.4	0.006	5	A	1		0.055	0.054	0.041	
18:2 t not further defined9	0.1		0.003	5	AS	1		0.039	0.034	0.029	
18:3 n-3 c.c.c (ALA)	0.1		0.003	5	A	1		0.039	0.038	0.029	
18:3 n-6 c,c,c	0.0		0.000	5	A	1		0.000	0.000	0.000	
18:3ig											
18:4g	0.0		0.000	5	A	1		0.002	0.002	0.002	
20:2 n-6 c,c	0.0		0.000	5	A	1		0.002	0.002	0.002	
20:3 undifferentiated	0.0	34	0.001	5	AS	1		0.010	0.010	0.007	
20:3 n-6g	0.0	33	0.001	5	A	1		0.009	0.009	0.007	
20:4 undifferentiatedg	0.0		0.001		A	1		0.013	0.013	0.009	
20:4 n-6g											
20:5 n-3 (EPA)g	0.0	12	0.001	5	A	1		0.003	0.003	0.002	
21:5g		00	0 000	_	-	-				2 222	
22:4g 22:5 n-3 (DPA)g	0.0		0.000 0.001	5	A A	1 1		0.002	0.002	0.002 0.004	
22:3 n-3 (DPA)9	0.0	4 1	0.UUI	5	A	T		0.006	0.006	0.004	

	<u>Amount</u>	in 100 grams		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. E	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
22.6 ** 2.60(4)	0.006	0.001 5	A	1		0.002	0.002	0.001
22:6 n-3 (DHA)	1.144	0.001 5	NC	4		0.324	0.002	0.240
Fatty acids, total transg Fatty acids, total trans-monoenoicg	0.950	0	NC	4		0.269	0.320	0.240
Fatty acids, total trans-monoenoicg	0.194	0	NC	4		0.269	0.266	0.041
Cholesterolg	100	3	A	1		28	28	21
Phytosterolsmg	100	3	A	-		20	20	21
•								
Amino Acids:								
Tryptophang	0.232	0	A	1		0.066	0.065	0.049
Threonineg	0.772	0	A	1		0.219	0.216	0.162
Isoleucineg	0.938	0	A	1		0.266	0.263	0.197
Leucineg	1.716	0	A	1		0.487	0.481	0.360
Lysineg	1.516	0	A	1		0.430	0.425	0.318
Methionineg	0.475	0	A	1		0.135	0.133	0.100
Cystineg	0.110	0	A	1		0.031	0.031	0.023
Phenylalanineg	0.939	0	A	1		0.266	0.263	0.197
Tyrosineg	0.916	0	A	1		0.260	0.256	0.192
Valineg	1.187	0	A	1		0.337	0.332	0.249
Arginineg	0.518	0	A	1		0.147	0.145	0.109
Histidineg	0.546	0	A	1		0.155	0.153	0.115
Alanineg	0.613	0	A	1		0.174	0.172	0.129
Aspartic acidg	1.551	0	A	1		0.440	0.434	0.326
Glutamic acidg	4.073	0	A	1		1.155	1.140	0.855
Glycineg	0.359	0	A	1		0.102	0.100	0.075
Prolineg	1.788	0	A	1		0.507	0.501	0.376
Serine	1.093	0	A	1		0.310	0.306	0.229
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	z	7		0	0	0
Theobrominemg	0	0	z	7		0	0	0

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 28g: 1 slice (1 oz) Measure 3 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amount in	1 100 grams	or ear	ole portion		Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source Confi	dence				
Nutrients and Un	its	Mean Std. Er	ror Points			de	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	58.90	0		4		82.46	66.56	10.60	
Energy	kcal	180	0		1		252	203	32	
Energy	kJ	753	0		1		1054	851	136	
Protein	g	24.60	0		1		34.44	27.80	4.43	
Total lipid (fat)	g	7.00	0		1		9.80	7.91	1.26	
Ash	g	6.00	0	NR	4		8.40	6.78	1.08	
Carbohydrate, by difference	g	3.50	0	NC	4		4.90	3.96	0.63	
Fiber, total dietary	g	0.0	0		7		0.0	0.0	0.0	
Sugars, total	g	0.59	0	BFNN	4		0.83	0.67	0.11	
Starch										
Minamalan										
Minerals:		604	•				050		100	
Calcium, Ca	-	684	0		4		958	773	123	
Iron, Fe	-	0.43 24	0		4 4		0.60	0.49 27	0.08	
Magnesium, Mg		2 4 827	0		4		34		4	
Phosphorus, P		180	0		4		1158 252	935 203	149 32	
Potassium, KSodium, Na	-	1789	0	0	4		2505	2022	322	
Zinc, Zn	-	3.32	0	U	4		4.65	3.75	0.60	
,		0.033	0		4		0.046	0.037	0.00	
Copper, Cu		0.033	U		4		0.046	0.037	0.00	
Manganese, Mn Selenium, Se		16.6	0	BFNN	4		23.2	18.8	3.0	
Selemum, Se	µ9	10.0	Ū	DFMM	7		23.2	10.0	3.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	0		7		0.0	0.0	0.0	
Thiamin	-	0.030	0		4		0.042	0.034	0.00	
Riboflavin	mg	0.390	0		4		0.546	0.441	0.07	
Niacin	-	0.080	0		4		0.112	0.090	0.01	
Pantothenic acid	-									
Vitamin B-6	-	0.080	0		4		0.112	0.090	0.01	
Folate, total		9	0	NR	4		13	10	2	
Folic acid		0	0	Z	7		0	0	0	
Folate, food		9	0	BFNN	4		13	10	2	
Folate, DFE		9	0	NC	4		13	10	2	
Choline, total		36.2	0	T	4		50.7	40.9	6.5	
Betaine	-									
Vitamin B-12		0.77	0		4		1.08	0.87	0.14	
Vitamin B-12, added		0.00	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		57	0	NC	4		80	64	10	
Retinol		55	0	BFFN	4		78	63	10	
Carotene, beta		18	0	BFFN	4		26	21	3	
Carotene, alpha		0	0	Z	7		0	0	0	
Cryptoxanthin, beta		0	0	Z	7		0	0	0	
Vitamin A, IU		215	0	NC	4		301	243	39	
Lycopene		0	0	Z	7		0	0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.27	0	BFZN	4		0.38	0.31	0.05	
Vitamin E, added		0.00	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	-									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0 1	^	3.7	1		^ ^	0.1	^ ^	
Vitamin D (D2 + D3)		0.1	0	AS	1		0.2	0.1	0.0	
Vitamin D		5	0	BFFN	4		7	6	1	
Vitamin K (phylloquinone)		2.7	0	BFZN	4		3.7	3.0	0.5	
Dihydrophylloquinone	µg									

	<u>Am</u>	ount in 10			Amount in edible portion of common measures of food				
			Number				<u></u>	easures or roc	<u>.u</u>
					Source Co				
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	4.41	0	0		4		6.174	4.983	0.794
4:0g	0.23	3	0		4		0.326	0.263	0.042
6:0g	0.08	1	0		4		0.113	0.092	0.015
8:0g	0.08	5	0		4		0.119	0.096	0.015
10:0g	0.14	3	0		4		0.200	0.162	0.026
12:0g	0.10	8	0		4		0.151	0.122	0.019
13:0g									
14:0g	0.71	9	0		4		1.007	0.812	0.129
15:0g									
16:0g	2.03	8	0		4		2.853	2.303	0.367
17:0g									
18:0g	0.85	1	0		4		1.191	0.962	0.153
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	2.00	5	0		4		2.807	2.266	0.361
14:1g									
15:1g									
16:1 undifferentiatedg	0.23	1	0		4		0.323	0.261	0.042
17:1g									
18:1 undifferentiatedg	1.68	2	0		4		2.355	1.901	0.303
20:1g	0.00	0	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.22	2	0		4		0.311	0.251	0.040
18:2 undifferentiatedg	0.13	7	0		4		0.192	0.155	0.025
18:3 undifferentiated	0.08	5	0		4		0.119	0.096	0.015
18:4g	0.00	0	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	0	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	0.000
Fatty acids, total transg									
Cholesterolmg	g 35		0		1		49	40	6
Phytosterolsm	9								
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg			0	Z	7		0	0	0
Theobrominemg	g 0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	nt in 100 gr	ams	of edil	ble portion	<u>1</u>	Amount in e	dible portion	of common
			Nun	nbei	r				easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
D. C. Cardon										
Proximates: Water	g	39.61	0.105	13	A	1		11.23	8.32	11.09
Energy		371		0	NC	4		105	78	104
Energy		1553		0	NC	4		440	326	435
Protein (N x 6.38)		18.13	0.128	13	A	1		5.14	3.81	5.08
Total lipid (fat)		31.79		1	A	1		9.01	6.67	8.90
Ash		6.78	0.124	13	A	1		1.92	1.42	1.90
Carbohydrate, by difference	=	3.70		0	NC	4		1.05	0.78	1.04
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		2.26	0.092	5	A	1		0.64	0.48	0.63
Sucrose		0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	5	A	1		0.00	0.00	0.00
		0.00	0.000	5	A	1		0.00	0.00	0.00
Fructose	9	2.15	0.000	5	A	1		0.61	0.45	0.60
Lactose		0.00	0.000	5	A	1		0.00	0.45	0.00
Maltose		0.11	0.000	5	A	1		0.03	0.02	0.03
Galactose Starch		0.11	0.000	,	A	-		0.03	0.02	0.03
Minerals:										
Calcium, Ca	mg	1045	34.600	19	A	1		296	219	293
Iron, Fe	mg	0.63	0.027	19	A	1		0.18	0.13	0.18
Magnesium, Mg		26	0.182	19	A	1		7	5	7
Phosphorus, P	mg	641	14.828	19	A	1		182	135	179
Potassium, K	mg	132	3.899	19	A	1		37	28	37
Sodium, Na	mg	1671	21.213	19	A	1		474	351	468
Zinc, Zn	mg	2.49	0.027	19	A	1		0.71	0.52	0.70
Copper, Cu	mg	0.046	0.005	19	A	1		0.013	0.010	0.01
Manganese, Mn	mg	0.041	0.001	19	A	1		0.012	0.009	0.01
Selenium, Se	µg	20.2		3	A	1		5.7	4.2	5.7
<u>Vitamins:</u>	ma	0.0		0		1		0.0		0.0
Vitamin C, total ascorbic acid	-	0.0				1		0.004	0.0	0.0
Thiamin	-	0.015	0.003	2 4	A A	1			0.003	
Riboflavin	_	0.234	0.003	2	A	1		0.066 0.021	0.049	0.06
Niacin Pantothenic acid	-	0.403		2	A	1		0.114	0.016 0.085	0.02 0.11
Vitamin B-6		0.054		2	A	1		0.015	0.003	0.01
Folate, total		8	0.235		A	1		2	2	2
Folic acid		0	0.233	0	z	7		0	0	0
Folate, food	· -	8	0.235			1		2	2	2
Folate, DFE		8	0.233	0	NC	4		2	2	2
Choline, total	· -	36.2		0	T	4		10.3	7.6	10.1
Betaine	-	30.2		Ū	-	-		10.5	7.0	10.1
Vitamin B-12	-	1.50	0.030	4	A	1		0.42	0.31	0.42
Vitamin B-12, added		0.00	0.000	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		250		0	NC	4		71	52	70
Retinol		243		0	BFFN	4		69	51	68
Carotene, beta		80		0	BFFN	4		23	17	22
Carotene, alpha		0		0	z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		945		0	NC	4		268	198	264
Lycopene		0		0	z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.80		2	A	1		0.23	0.17	0.22
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.13		2	A	1		0.04	0.03	0.04
Tocopherol, delta		0.04		2	A	1		0.01	0.01	0.01
Tocotrienol, alpha		0.02		2	A	1		0.01	0.00	0.01
Tocotrienol, beta		0.02		2	A	1		0.00	0.00	0.00

	<u>Aı</u>	mount in 10	0 grams	s of edil	ble portion		Amount in edible portion of con			
			Num be	_				easures of foo		
				-	Source Co	nfidence			<u></u>	
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gamma	mg 0.	03	2	A	1		0.01	0.01	0.01	
Tocotrienol, delta	mg 0.	08	2	A	1		0.02	0.02	0.02	
Vitamin D (D2 + D3)		6	1	AS	1		0.2	0.1	0.2	
Vitamin D2 (ergocalciferol)			1	A	1		0.0	0.0	0.0	
Vitamin D3 (cholecalciferol)		6	0	BFFN	4		0.2	0.1	0.2	
Vitamin D			0	BFFN	4		7	5	6	
Vitamin K (phylloquinone)	· -	ь	U	BFFN	4		0.7	0.5	0.7	
Dihydrophylloquinone Menaquinone-4										
•	₩9									
Lipids: Fatty acids, total saturated	g 18.	057	0	NC	4		5.119	3.792	5.056	
4:0			012 5	A	1		0.174	0.129	0.172	
6:0	•		004 5	A	1		0.144	0.107	0.143	
8:0	0		004 5	A	1		0.094	0.070	0.093	
10:0		802 0.	006 5	A	1		0.227	0.168	0.225	
12:0	g 0.	884 0.	013 5	A	1		0.251	0.186	0.247	
13:0	g									
14:0	g 2.	937 0.	027 5	A	1		0.833	0.617	0.822	
15:0			002 5	A	1		0.088	0.065	0.087	
16:0			081 5	A	1		2.314	1.714	2.285	
17:0	=		000 5	A	1		0.054	0.040	0.053	
18:0	-		056 5	A	1		0.913	0.677	0.902	
20:0	=		002 5	A	1		0.013	0.010	0.013	
22:0	-		001 5 000 5	A A	1 1		0.006	0.004	0.006 0.003	
Fatty acids, total monounsaturated		236	000 5	NC	4		0.003 2.335	0.002 1.730	2.306	
14:1			005 5	A	1		0.069	0.051	0.068	
15:1	=		000 5	A	1		0.000	0.000	0.000	
16:1 undifferentiated	9		014 5	AS	1		0.142	0.105	0.140	
16:1 c	0		014 5	A	1		0.112	0.083	0.110	
16:1 t		106 0.	000 5	A	1		0.030	0.022	0.030	
17:1		061 0.	001 5	A	1		0.017	0.013	0.017	
18:1 undifferentiated	g 7.	204 0.	046 5	AS	1		2.042	1.513	2.017	
18:1 c	g 6.	360 0.	047 5	A	1		1.803	1.336	1.781	
18:1 t		844 0.	005 5	A	1		0.239	0.177	0.236	
18:1-11 t (18:1t n-7)	-				_					
20:1			006 5	A	1		0.064	0.047	0.063	
22:1 undifferentiated	-		001 5 001 5	AS A	1 1		0.000	0.000 0.000	0.000	
22:1 t	•		001 5	A	1		0.000	0.000	0.000	
24:1 c	•		000 5	A	1		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	•	286	0	NC	4		0.365	0.270	0.360	
18:2 undifferentiated	•		022 5	AS	1		0.284	0.211	0.281	
18:2 n-6 c,c			016 5	A	1		0.224	0.166	0.221	
18:2 CLAs	•		001 5	A	1		0.005	0.004	0.005	
18:2 t,t										
18:2 i	g									
18:2 t not further defined	•		006 5	A	1		0.055	0.041	0.054	
18:3 undifferentiated	•		003 5	AS	1		0.039	0.029	0.039	
18:3 n-3 c,c,c (ALA)	•		003 5	A	1		0.039	0.029	0.038	
18:3 n-6 c,c,c	-	001 0.	000 5	A	1		0.000	0.000	0.000	
18:3i	-	007 0	000 5		-		0.000	0.000	0.000	
18:4	=		000 5 000 5	A A	1 1		0.002 0.002	0.002 0.002	0.002 0.002	
20:2 n-6 c,c	-		000 5	A AS	1		0.002	0.002	0.002	
20:3 n-3			001 5	AS A	1		0.000	0.007	0.010	
20:3 n-6			000 5	A	1		0.009	0.007	0.009	
20:4 undifferentiated	•		001 5	A	1		0.013	0.009	0.013	
20:4 n-6	=	3.	-							
20:5 n-3 (EPA)	=	012 0.	001 5	A	1		0.003	0.002	0.003	
21:5	•									
22:4			000 5	A	1		0.002	0.002	0.002	
22:5 n-3 (DPA)	g 0.	021 0.	001 5	A	1		0.006	0.004	0.006	

	<u>Am ou</u>	nt in 100 gr	am s	Amount in edible portion of common					
		Num	ber				<u>m</u>	easures of foo	<u>od</u>
		of [Data	Deriv	Source (Confidence			
N utrients and Units	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.006	0.001	5	A	1		0.002	0.001	0.002
Fatty acids, total transg	1.144		0	NC	4		0.324	0.240	0.320
Fatty acids, total trans-monoenoicg	0.950		0	NC	4		0.269	0.200	0.266
Fatty acids, total trans-polyenoicg	0.194		0	NC	4		0.055	0.041	0.054
Cholesterolmg	100		3	A	1		28	21	28
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.232		0	A	1		0.066	0.049	0.065
Threonineg	0.772		0	A	1		0.219	0.162	0.216
Isoleucineg	0.938		0	A	1		0.266	0.197	0.263
Leucineg	1.716		0	A	1		0.487	0.360	0.481
Lysineg	1.516		0	A	1		0.430	0.318	0.425
Methionineg	0.475		0	A	1		0.135	0.100	0.133
Cystineg	0.110		0	A	1		0.031	0.023	0.031
Phenylalanineg	0.939		0	A	1		0.266	0.197	0.263
Tyrosineg	0.916		0	A	1		0.260	0.192	0.256
Valineg	1.187		0	A	1		0.337	0.249	0.332
Arginineg	0.518		0	A	1		0.147	0.109	0.145
Histidineg	0.546		0	A	1		0.155	0.115	0.153
Alanineg	0.613		0	A	1		0.174	0.129	0.172
Aspartic acidg	1.551		0	A	1		0.440	0.326	0.434
Glutamic acidg	4.073		0	A	1		1.155	0.855	1.140
Glycineg	0.359		0	A	1		0.102	0.075	0.100
Prolineg	1.788		0	A	1		0.507	0.376	0.501
Serineg	1.093		0	A	1		0.310	0.229	0.306
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (3/4 oz)

Measure 3 = 28g: 1 slice (1 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in 10			ole portic	<u>on</u>		edible portion of easures of foo	
				Number				<u>m</u>	<u> </u>	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximatos										
Proximates: Water	а	56.9	0	0		1		9.10	11.95	
Energy		148		0		1		24	31	
Energy		619		0		1		99	130	
Protein		22.5	0	0		1		3.60	4.73	
Total lipid (fat)	-	0.8		0		1		0.13	0.17	
Ash		6.4		0	NR	4		1.02	1.34	
Carbohydrate, by difference		13.4		0	NC	4		2.14	2.81	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total		9.9	5	0	BFNN	4		1.59	2.09	
Starch		3.3	5	Ū	DIM	-		1.35	2.03	
Staten	9									
Minerals:										
Calcium, Ca	<u>mg</u>	689		0		1		110	145	
Iron, Fe		0.2	8	0		1		0.04	0.06	
Magnesium, Mg	_	36		0		1		6	8	
Phosphorus, P		936		0		1		150	197	
Potassium, K	mg	288		0		1		46	60	
Sodium, Na	_	1528		0		1		244	321	
Zinc, Zn	_	3.4		0		1		0.55	0.72	
Copper, Cu		0.0	19	0		1		0.003	0.004	
Manganese, Mn										
Selenium, Se	µg	20.6		0	BFNN	4		3.3	4.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.0	60	0		1		0.010	0.013	
Riboflavin	mg	0.4	80	0		1		0.077	0.101	
Niacin	mg	0.2	10	0		1		0.034	0.044	
Pantothenic acid	mg									
Vitamin B-6	mg	0.0	90	0		1		0.014	0.019	
Folate, total	µg	27		0		1		4	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	27		0	NR	4		4	6	
Folate, DFE	µg	27		0	NC	4		4	6	
Choline, total	<u>mg</u>	15.4		0	CAZN	4		2.5	3.2	
Betaine	mg									
Vitamin B-12		1.1		0		1		0.18	0.24	
Vitamin B-12, added	µg	0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	440		0	NC	4		70	92	
Retinol		440		0	NC	4		70	92	
Carotene, beta		0		0	Z	7		0	0	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		1467		0	NC	4		235	308	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0	_	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.2		0	BFZN	4		0.04	0.06	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0		0	z	7		0.0	0.0	
Vitamin D (D2 + D3) Vitamin D		0.0		0	Z	7		0.0	0.0	
Vitamin D Vitamin K (phylloquinone)		2.7		0	BFZN	4		0.4	0.6	
Dihydrophylloquinone		2.7		U	DE 214	-1		0.1	0.0	
Menaquinone-4										

	Amount in	100 grams of e	dible portion		Amount in edible portion of common measures of food			
		Number		<u>m</u>	easures of foo	<u>od</u>		
Nutrients and Units	Mean Std. Er	of Data Der ror Points Cod	iv Source Confid le Code Cod		Measure 2	Measure 3		
Lipids:								
Fatty acids, total saturatedg	0.504	0	1	0.081	0.106			
4:0g	0.027	0	4	0.004	0.006			
6:0g	0.009	0	4	0.001	0.002			
8:0g	0.010	0	4	0.002	0.002			
10:0g	0.016	0	4	0.003	0.003			
12:0g	0.012	0	4	0.002	0.003			
13:0g		-	_					
14:0g	0.082	0	4	0.013	0.017			
15:09								
16:0g	0.233	0	4	0.037	0.049			
17:09								
18:0g	0.097	0	4	0.016	0.020			
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.229	0	1	0.037	0.048			
14:1g								
15:1g								
16:1 undifferentiatedg	0.026	0	4	0.004	0.005			
17:1g								
18:1 undifferentiatedg	0.192	0	4	0.031	0.040			
20:1g	0.000	0	4	0.000	0.000			
22:1 undifferentiatedg	0.000	0	4	0.000	0.000			
24:1 cg								
Fatty acids, total polyunsaturated	0.025	0	1	0.004	0.005			
18:2 undifferentiatedg	0.016	0	4	0.003	0.003			
18:3 undifferentiatedg	0.010	0	4	0.002	0.002			
18:4g	0.000	0	4	0.000	0.000			
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	4	0.000	0.000			
20:5 n-3 (EPA)g	0.000	0	4	0.000	0.000			
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	4	0.000	0.000			
22:6 n-3 (DHA)g	0.000	0	4	0.000	0.000			
Fatty acids, total transg		_	_	_	_			
Cholesterolmg	11	0	1	2	2			
Phytosterolsmg								
Others:								
Alcohol, ethyl	0.0	0	7	0.0	0.0			
Caffeinemg	0	0 2	7	0	0			
Theobrominemg	0	0 2	7	0	0			

Common Measures:

Measure 1 = 16g: 1 cubic inch Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount	t in 100 grams	or ear	ne portion		Amount in e	dible portion	of common
			Number				<u>m</u>	easures of fo	<u>od</u>
					Source Co	onfidence			
Nutrients and Un	ite	Mean Std.	Error Points		Code	Code	Measure 1	Measure 2	Measure
nati ionto ana on		mean ota.					measure r	measure 2	measure
Proximates:									
Water	g	42.80	0		4		59.92	48.36	7.70
Energy	kcal	376	0	NC	4		526	425	68
Energy	kJ	1573	0	NC	4		2202	1777	283
Protein	g	22.20	0		4		31.08	25.09	4.00
Total lipid (fat)	g	31.19	0		4		43.66	35.24	5.61
Ash		2.21	0	NR	4		3.10	2.50	0.40
Carbohydrate, by difference	g	1.60	0		4		2.24	1.81	0.29
Fiber, total dietary		0.0	0		7		0.0	0.0	0.0
Sugars, total		0.45	0	BFNN	4		0.63	0.51	0.08
Starch									
Minerals:									
Calcium, Ca	<u>m</u> g	616	0		4		862	696	111
Iron, Fe	-	0.39	0		4		0.55	0.44	0.07
Magnesium, Mg	mg	22	0		4		31	25	4
Phosphorus, P		745	0		4		1043	842	134
Potassium, K	-	162	0		4		227	183	29
Sodium, Na	-	7	0		4		10	8	1
Zinc, Zn	•	2.99	0		4		4.19	3.38	0.54
Copper, Cu		0.030	0		4		0.042	0.034	0.00
Manganese, Mn									
Selenium, Se	µg	12.7	0	BFNN	4		17.8	14.4	2.3
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0		7		0.0	0.0	0.0
Thiamin	-	0.030	0		4		0.042	0.034	0.00
Riboflavin	-	0.350	0		4		0.490	0.396	0.06
Niacin	-	0.070	0		4		0.098	0.079	0.01
Pantothenic acid	-	***************************************	· ·		-		0.050	0.075	0.01
Vitamin B-6	-	0.070	0		4		0.098	0.079	0.01
Folate, total	-	8	0		4		11	9	1
Folic acid		0	0	z	7		0	0	0
Folate, food		8	0	NR	4		11	9	1
Folate, DFE		8	0	NC	4		11	9	1
Choline, total		36.2	0	Т	4		50.7	40.9	6.5
Betaine		33.2	· ·	-	-		30.7	10.5	0.3
Vitamin B-12	-	0.70	0		4		0.98	0.79	0.13
Vitamin B-12, added		0.00	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		254	0	NC	4		355	287	46
Retinol		247	0	BFFN	4		346	279	44
Carotene, beta		81	0	BFFN	4		114	92	15
Carotene, alpha		0	0	Z	7		0	0	0
Cryptoxanthin, beta		0	0	z	7		0	0	0
Vitamin A, IU		959	0	NC	4		1342	1083	173
Lycopene		0	0	Z	7		0	0	0
Lutein + zeaxanthin		0	0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.27	0	BFFN	4		0.38	0.31	0.05
Vitamin E, added		0.00	0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00	· ·	-	•		0.00	0.00	0.00
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, apria									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.6	0	AS	1		0.8	0.6	0.1
Vitamin D		23	0	BFFN	4		32	26	4
Vitamin K (phylloquinone)		2.6	0	BFFN	4		3.7	3.0	0.5
		2.0	U	DEFIN	-		3.7	3.0	0.5
Dihydrophylloquinone	µg µg								

	<u>Am</u>	ount in 10			Amount in edible portion of common measures of food				
			Number	•			<u> </u>	easures or roc	<u>u</u>
			of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 19.65	1	0		4		27.511	22.206	3.537
4:0	•		0		4		1.453	1.173	0.187
6:0	=	9	0		4		0.503	0.406	0.065
8:0	•	9	0		4		0.531	0.428	0.068
10:0	=	9	0		4		0.895	0.722	0.115
12:0		9	0		4		0.671	0.541	0.086
13:0	•								
14:0	=	4	0		4		4.486	3.621	0.577
15:0	•								
16:0		2	0		4		12.715	10.263	1.635
17:0	-								
18:0	-	2	0		4		5.309	4.285	0.683
20:0	•								
22:0	-								
24:0	-								
Fatty acids, total monounsaturated	-	2	0		4		12.505	10.093	1.608
14:1	-								
15:1	•								
16:1 undifferentiated	=	8	0		4		1.439	1.162	0.185
17:1	g								
18:1 undifferentiated		5	0		4		10.493	8.469	1.349
20:1	g 0.00	0	0		4		0.000	0.000	0.000
22:1 undifferentiated		0	0		4		0.000	0.000	0.000
24:1 c	•								
Fatty acids, total polyunsaturated	-	8	0		4		1.383	1.116	0.178
18:2 undifferentiated		9	0		4		0.853	0.688	0.110
18:3 undifferentiated	g 0.37	9	0		4		0.531	0.428	0.068
18:4	-	0	0		4		0.000	0.000	0.000
20:2 n-6 c.c	•								
20:3 undifferentiated	-								
20:4 undifferentiated		0	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)		0	0		4		0.000	0.000	0.000
21:5									
22:4	•								
22:5 n-3 (DPA)	=	0	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)		0	0		4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol	-		0		4		132	106	17
Phytosterols	-								
Others:									
Alcohol, ethyl	g 0.0		0		7		0.0	0.0	0.0
Caffeine	mg 0		0	Z	7		0	0	0
Theobromine	mg 0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

					Amount in edible portion of common					
				Num ber					easures of foo	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	g	39.0	8	0		1		54.71	95.36	44.16
Energy		375		0	NC	4		526	916	424
Energy		1571		0		4		2199	3833	1775
Protein (N x 6.38)		22.1	3	0		1		30.98	54.00	25.01
Total lipid (fat)		31.2	0	0		1		43.68	76.13	35.26
Ash		5.8	4	0		1		8.18	14.25	6.60
Carbohydrate, by difference	g	1.7	3	0	NC	4		2.42	4.22	1.95
Fiber, total dietary	g	0.1		0	RA	4		0.1	0.2	0.1
Sugars, total	g	0.6	2	0	RA	4		0.87	1.52	0.71
Starch	g									
M:										
Minerals:	m a	C1.4		^		1		860	1400	604
Calcium, Ca	-	614 0.4	•	0		1 1		860 0.59	1499	694
Iron, Fe	-	22	4	0		1		31	1.02 54	0.47 25
Phosphorus, P	-	744		0		1		1041	1815	840
Potassium, K	-	162		0		1		226	395	183
Sodium, Na		915		0	NR	4		1281	2233	1034
Zinc, Zn	-	2.9	8	0		1		4.17	7.27	3.37
Copper, Cu	-	0.0	33	0		1		0.046	0.081	0.03
Manganese, Mn		0.0	16	0		1		0.022	0.039	0.01
Selenium, Se	µg	14.5		0	BFNN	4		20.3	35.4	16.4
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.3		0		4		3.2	5.5	2.5
Thiamin	-	0.0		0		1		0.038	0.066	0.03
Riboflavin	-	0.3		0		1		0.496	0.864	0.40
Niacin	-	0.0		0		1		0.109	0.190	0.08
Pantothenic acid	-	0.4		0		1		0.679	1.183	0.54
Vitamin B-6	-	0.0		0		1		0.099	0.173	0.08
Folate, total	-	8		0		1		11	19	9
Folic acid		0		0	RA	4		0	0	0
Folate, food	µg	8		0	RA	4		11	19	9
Folate, DFE	µg	8		0	NC	4		11	19	9
Choline, total	mg	34.7		0	RA	4		48.6	84.7	39.2
Betaine	mg									
Vitamin B-12	µg	0.7		0		1		0.97	1.70	0.79
Vitamin B-12, added		0.0	0	0	RA	4		0.00	0.00	0.00
Vitamin A, RAE		244		0	NC	4		342	596	276
Retinol		231		0	RA	4		324	564	261
Carotene, beta		150		0	RA	4		210	366	169
Carotene, alpha		12		0	RA	4		17	29	13
Cryptoxanthin, beta		1030		0	RA	4 4		0	0	0
Vitamin A, IU		1030 0		0	NC	4		1442 0	2513 0	1164 0
Lycopene		18		0	RA RA	4		26	45	21
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.2	9	0	RA RA	4		0.41	0.71	0.33
Vitamin E, added		0.0		0	RA	4		0.00	0.00	0.00
Tocopherol, beta		0.0	-	Ū		•		0.00	0.00	0.00
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.5		0	RA	4		0.8	1.3	0.6
Vitamin D		22		0	RA	4		30	53	25
Vitamin K (phylloquinone)		2.9		0	RA	4		4.1	7.1	3.3
Dihydrophylloquinone										

	<u>Aı</u>	nount in 10	0 gram s	of edil	ole portion	Amount in a	edible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Error		Deriv	Source Confidence Code Code		Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated			0		1	27.528	47.978	22.219
4:0 6:0		041 355	0		1	1.457 0.497	2.540	1.176 0.401
8:0		37 4	0		1	0.497	0.866 0.913	0.423
10:0	-	641	0		1	0.897	1.564	0.724
12:0		483	0		1	0.676	1.179	0.546
13:0	-							
14:0	-	206	0		1	4.488	7.823	3.623
15:0 16:0	-	090	0		1	12.726	22.180	10.272
17:0	.0		ŭ		-	12.720	22.100	10.17
18:0		790	0		1	5.306	9.248	4.283
20:0								
22:0	-							
24:0Fatty acids, total monounsaturated		937	0		1	12.512	21.806	10.099
14:1		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Ū		-	12.512	21.000	10.033
15:1								
16:1 undifferentiated		026	0		1	1.436	2.503	1.159
17:1					_			0.454
18:1 undifferentiated 20:1	-	499 000	0		1	10.499 0.000	18.298 0.000	8.474 0.000
20:1 undifferentiated	-	000	0		1	0.000	0.000	0.000
24:1 c	•		·		_			01000
Fatty acids, total polyunsaturated	.g 0.	988	0		1	1.383	2.411	1.116
18:2 undifferentiated		606	0		1	0.848	1.479	0.685
18:3 undifferentiated		382	0		1	0.535	0.932	0.432
18:4 20:2 n-6 c,c		000	0		1	0.000	0.000	0.000
20:3 undifferentiated								
20:4 undifferentiated		000	0		1	0.000	0.000	0.000
20:5 n-3 (EPA)	g 0.	000	0		1	0.000	0.000	0.000
21:5	-							
22:4 22:5 n-3 (DPA)	-	000	0		1	0.000	0.000	0.000
22:5 n-3 (DHA)	.0	000	0		1	0.000	0.000	0.000
Fatty acids, total trans								
Cholesterol	.mg 94		0		1	132	230	106
Phytosterols	mg							
Amino Acids:								
Tryptophan		323	0		1	0.452	0.788	0.365
Threonine		718	0		1	1.005	1.752	0.811
Isoleucine	-	023 956	0 0		1	1.432 2.738	2.496	1.156
LeucineLysine		196	0		1	3.074	4.773 5.358	2.210 2.481
Methionine		572	0		1	0.801	1.396	0.646
Cystine	.g 0.:	142	0		1	0.199	0.346	0.160
Phenylalanine		124	0		1	1.574	2.743	1.270
Tyrosine		211	0		1	1.695	2.955	1.368
Valine		325 926	0 0		1 1	1.855 1.296	3.233 2.259	1.497 1.046
Arginine Histidine		902	0		1	1.263	2.201	1.019
Alanine		555	0		1	0.777	1.354	0.627
Aspartic acid	.g 1.	360	0		1	1.904	3.318	1.537
Glutamic acid		592	0		1	6.429	11.204	5.189
Glycine		364	0		1	0.510	0.888	0.411
Proline		251 068	0 0		1 1	3.151 1.495	5.492 2.606	2.544 1.207
Hydroxyproline			J		-	1.473	2.000	1.207
Others: Alcohol, ethyl	.g 0.	0	0		7	0.0	0.0	0.0
Caffeine			0	z	7	0	0	0

NDB No. 01043

Cheese, pasteurized process, pimento

	<u>Ar</u>	Number						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3		
Theobrominemq	0		0	z	7		0	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amou	unt in 100 g	Amount in edible portion of common						
			Nu	measures of food						
						Source C	onfidence			
Nutrients and Un	ite	Mean Si	d. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Weari 3	. ш. ш. ог	•				weasure i	Wedsule 2	weasure .
Proximates:										
Water	g	42.31	0.35	5 10		1		59.23	47.81	11.99
Energy	kcal	334		0	NC	4		467	377	95
Energy	kJ	1396		0	NC	4		1954	1577	396
Protein (N x 6.38)	g	24.73	0.21	L 9		1		34.62	27.94	7.01
Total lipid (fat)	g	25.01	0.29	10		1		35.01	28.26	7.09
Ash	g	5.85	0.160	8 (1		8.19	6.61	1.66
Carbohydrate, by difference	g	2.10		0	NC	4		2.94	2.37	0.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	1.23		0	BFNN	4		1.72	1.39	0.35
Starch	g									
Minerals:										
Calcium, Ca	ma	772	32.90	4 6		1		1081	872	219
Iron, Fe	_	0.61	J2.JU	0		1		0.85	0.69	0.17
Magnesium, Mg	_	29	0.929			1		41	33	8
Phosphorus, P		762	59.53			1		1066	860	216
Potassium, K		216	14.47			1		302	244	61
Sodium, Na	•	1370	64.66	4 6		1		1918	1548	388
Zinc, Zn	mg	3.61		0		1		5.05	4.08	1.02
Copper, Cu	mg	0.027		0		1		0.038	0.031	0.00
Manganese, Mn	mg	0.014		0		1		0.020	0.016	0.00
Selenium, Se	µg	15.9		0	BFNN	4		22.3	18.0	4.5
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0
Thiamin	_	0.014	0.00			1		0.020	0.016	0.00
Riboflavin	_	0.276	0.020			1		0.386	0.312	0.07
Niacin	_	0.038	0.00			1		0.053	0.043	0.01
Pantothenic acid	_	0.260		1		1		0.364	0.294	0.07
Vitamin B-6	_	0.036	0.004	1 7		1		0.050	0.041	0.01
Folate, total	_	6		0		4		8	7	2
Folic acid		0		0	Z	7		0	0	0
Folate, food		6		0		4		8	7	2
Folate, DFE		6		0	NC	4		8	7	2
Choline, total		36.2		0	T	4		50.7	40.9	10.3
Betaine	mg									
Vitamin B-12		1.23	0.23	3 7		1		1.72	1.39	0.35
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	198		0	NC	4		277	223	56
Retinol	µg	192		0	BFFN	4		269	217	55
Carotene, beta	µg	63		0	BFFN	4		89	72	18
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	<u>I</u> U	746		0	NC	4		1045	843	212
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFFN	4		0.48	0.39	0.10
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		^ -		^		1		2.5		<u> </u>
Vitamin D (D2 + D3)		0.5		0	AS	1		0.6	0.5	0.1
Vitamin D		18		0	BFFN	4		26	21	5
Vitamin K (phylloquinone) Dihydrophylloquinone		2.2		0	BFFN	4		3.1	2.5	0.6
	110									

		<u>Am</u>	ount in	100 gı	rams	of edil	Amount in edible portion of common					
				Nicos					measures of food			
					n ber		C		_	0404100 01100	<u></u>	
								Confidence				
Nutrients and Units	Me	an	Std. Err	or Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:												
Fatty acids, total saturated	a :	L6.04	5		0		1		22.463	18.131	4.549	
4:0		0.81		0.020			1		1.141	0.921	0.231	
6:0	•	0.48	9 (0.014	5		1		0.685	0.553	0.139	
8:0	g	0.27	5	0.014	11		1		0.385	0.311	0.078	
10:0	g	0.57	2	0.032	12		1		0.801	0.646	0.162	
12:0	g	0.56	6	0.072	12		1		0.792	0.640	0.160	
13:0	-											
14:0	-	2.79	2	0.058	12		1		3.909	3.155	0.792	
15:0	-											
16:0	-	7.18	8	0.210	12		1		10.063	8.122	2.038	
17:0		2 (0	2	0 005	10		1		2 (42	2 040	0.730	
18:0 20:0.		2.60	2	0.085	12		_		3.643	2.940	0.738	
22:0												
24:0	-											
Fatty acids, total monounsaturated		7.04	6		0		1		9.864	7.962	1.998	
14:1	-	,	•		Ū		•		7.004	7.502	1.550	
15:1	-											
16:1 undifferentiated		0.67	7	0.064	12		1		0.948	0.765	0.192	
17:1	-											
18:1 undifferentiated		5.89	6	0.122	12		1		8.254	6.662	1.672	
20:1	g	0.00	0		0		1		0.000	0.000	0.000	
22:1 undifferentiated		0.00	0		0		1		0.000	0.000	0.000	
24:1 c	g											
Fatty acids, total polyunsaturated	g	0.62	2		0		1		0.871	0.703	0.176	
18:2 undifferentiated	g	0.34	2	0.033	12		1		0.479	0.386	0.097	
18:3 undifferentiated	g	0.28	0	0.027	11		1		0.392	0.316	0.079	
18:4	g	0.00	0		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	g											
20:3 undifferentiated												
20:4 undifferentiated		0.00			0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		0.00	0		0		1		0.000	0.000	0.000	
21:5	-											
22:4	-						_					
22:5 n-3 (DPA)	-	0.00			0		1 1		0.000	0.000	0.000	
22:6 n-3 (DHA)		0.00	U		U		1		0.000	0.000	0.000	
Fatty acids, total trans Cholesterol		35			0		1		119	96	24	
Phytosterols		,,			U		_		119	30	21	
F llytosterois	iiig											
Amino Acids:												
Tryptophan		0.36	0		0		1		0.504	0.407	0.102	
Threonine	g	0.80			0		1		1.123	0.906	0.227	
Isoleucine	-	1.14			0		1		1.600	1.292	0.324	
Leucine	-	2.18			0		1		3.060	2.470	0.620	
Lysine		2.45			0		1		3.436	2.773	0.696	
Methionine		0.64			0		1		0.896	0.723	0.181	
Cystine		0.15			0		1		0.223	0.180	0.045	
Phenylalanine		1.25			0		1		1.758	1.419	0.356	
Tyrosine		1.35			0		1		1.894	1.529	0.384	
Valine		1.48			0		1 1		2.073	1.674	0.420	
Arginine		1.03			0		1		1.449	1.170	0.293	
Histidine		1.00							1.411	1.139	0.286	
AlanineAspartic acid		0.62 1.51			0		1 1		0.868 2.127	0.701 1.716	0.176	
Aspartic acidGlutamic acid		5.13			0		1		7.185	1.716 5.799	0.431 1.455	
Glycine		0.40			0		1		0.570	0.460	0.115	
Proline		2.51			0		1		3.522	2.843	0.113	
Serine		1.19			0		1		1.672	1.349	0.338	
Hydroxyproline	-		_		٠		-		1.072	1.513	J.JJ6	
Others:												
Alcohol, ethyl	-	0.0			0		7		0.0	0.0	0.0	
Caffeine	mg	0			0	Z	7		0	0	0	

NDB No. 01044 Cheese, pasteurized process, swiss

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common				
				Num ber				measures of food				
						Source (Confidence					
Nutrients and Unit	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
D												
Proximates: Water	g	59.1	0	0		4		82.74	66.78	10.64		
Energy		165		0	NC	4		231	187	30		
Energy		691		0	NC	4		967	781	124		
Protein		25.5	0	0		4		35.70	28.82	4.59		
Total lipid (fat)	=	5.1	0	0		4		7.14	5.76	0.92		
Ash		6.0	0	0	NR	4		8.40	6.78	1.08		
Carbohydrate, by difference		4.3	0	0		4		6.02	4.86	0.77		
Fiber, total dietary		0.0		0		7		0.0	0.0	0.0		
Sugars, total		1.3	5	0	BFNN	4		1.89	1.52	0.24		
Starch												
Minerals:				_		ē						
Calcium, Ca	-	684	•	0		4		958	773	123		
Iron, Fe	-	0.4	3	0		4		0.60	0.49	0.08		
Magnesium, Mg		24		0		4 4		34	27	4		
Phosphorus, P	-	827 180		0		4		1158 252	935 203	149 32		
Potassium, K Sodium, Na		1430		0		4		2002	1616	257		
Zinc, Zn	-	3.3	2	0		4		4.65	3.75	0.60		
Copper, Cu		0.0		0		4		0.046	0.037	0.00		
Manganese, Mn		0.0	55	·		-		0.010	0.037	0.00		
Selenium, Se		17.4		0	BFNN	4		24.4	19.7	3.1		
,												
Vitamins:						_						
Vitamin C, total ascorbic acid	-	0.0		0		7		0.0	0.0	0.0		
Thiamin	-	0.0		0		4		0.042	0.034	0.00		
Riboflavin	-	0.3		0		4 4		0.546	0.441	0.07		
Niacin	-	0.0	80	U		4		0.112	0.090	0.01		
Pantothenic acid	-	0.0	90	0		4		0.112	0.090	0.01		
Vitamin B-6	-	9	00	0		4		13	10	2		
Folate, totalFolic acid		0		0	z	7		0	0	0		
Folate, food		9		0	NR	4		13	10	2		
Folate, DFE		9		0	NC	4		13	10	2		
Choline, total		36.2		0	T	4		50.7	40.9	6.5		
Betaine		30.2		Ū	-	-		30.7	40.5	0.5		
Vitamin B-12	-	0.7	7	0		4		1.08	0.87	0.14		
Vitamin B-12. added		0.0		0	z	- 7		0.00	0.00	0.00		
Vitamin A, RAE		40	-	0	NC	4		56	46	7		
Retinol		39		0	BFFN	4		55	44	7		
Carotene, beta		13		0	BFFN	4		18	15	2		
Carotene, alpha		0		0	Z	7		0	0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0	0		
Vitamin A, IU		152		0	NC	4		213	172	27		
Lycopene		0		0	Z	7		0	0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0	0		
Vitamin E (alpha-tocopherol)		0.0	7	0	BFFN	4		0.10	0.08	0.01		
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	0.00		
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	-											
Tocotrienol, delta				_								
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1	0.1	0.0		
Vitamin D		4		0	BFFN	4		5	4	1		
Vitamin K (phylloquinone)		0.5		0	BFFN	4		0.6	0.5	0.1		
Dihydrophylloquinone	IIO											

	Am	ount in 10	00 grams	Amount in edible portion of common							
			Number				<u>m</u>	measures of food			
					Source	Confidence					
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3		
Lipids:											
Fatty acids, total saturatedg	3.30	3	0		4		4.624	3.732	0.595		
4:0g	0.20	4	0		4		0.286	0.231	0.037		
6:0g	0.09	1	0		4		0.127	0.103	0.016		
8:0g	0.05	4	0		4		0.076	0.061	0.010		
10:0g	0.11	5	0		4		0.161	0.130	0.021		
12:0g	0.09	7	0		4		0.136	0.110	0.017		
13:0g											
14:0g	0.56	9	0		4		0.797	0.643	0.102		
15:0g											
16:0g	1.44	7	0		4		2.026	1.635	0.260		
17:0g											
18:0g	0.60	4	0		4		0.846	0.683	0.109		
20:0g											
22:0g											
24:0g											
Fatty acids, total monounsaturatedg	1.35	1	0		4		1.891	1.527	0.243		
14:1g											
15:1g											
16:1 undifferentiatedg	0.16	4	0		4		0.230	0.185	0.030		
17:1g											
18:1 undifferentiatedg	1.11	8	0		4		1.565	1.263	0.201		
20:1g	0.00	0	0		4		0.000	0.000	0.000		
22:1 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000		
24:1 cg											
Fatty acids, total polyunsaturatedg	0.18	0	0		4		0.252	0.203	0.032		
18:2 undifferentiatedg	0.11	5	0		4		0.161	0.130	0.021		
18:3 undifferentiatedg	0.06	5	0		4		0.091	0.073	0.012		
18:4g	0.00	0	0		4		0.000	0.000	0.000		
20:2 n-6 c,cg											
20:3 undifferentiatedg											
20:4 undifferentiatedg	0.00	0	0		4		0.000	0.000	0.000		
20:5 n-3 (EPA)g	0.00	0	0		4		0.000	0.000	0.000		
21:5g											
22:4g											
22:5 n-3 (DPA)g	0.00	0	0		4		0.000	0.000	0.000		
22:6 n-3 (DHA)g	0.00	0	0		4		0.000	0.000	0.000		
Fatty acids, total transg											
Cholesterolmg	35		0		4		49	40	6		
Phytosterolsmg											
Others:											
Alcohol, ethyl	0.0		0		7		0.0	0.0	0.0		
Caffeinemg	0		0	Z	7		0	0	0		
Theobrominemg	0		0	Z	7		0	0	0		

Common Measures:

Measure 1 = 140g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded Measure 3 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	<u>unt in 100 g</u>	Amount in edible portion of common						
			Nu	mbei	•				easures of foo	
						Source Confi	dence			
Nutrients and Un	its	Mean S	itd. Error Po				de	Measure 1	Measure 2	Measure
Proximates:		45.45	0 252	1.0		1		59.99		12.89
Water		352	0.353	0	NC	4		464	51.36 397	100
		352 1471		0	NC	4		1942		417
Energy		23.78	0 246	9	NC	1		31.39	1662	6.74
Protein (N x 6.38)			0.246						26.87	
Total lipid (fat)	-	28.20		1 0		1 1		37.22	31.87	7.99
Ash	-	2.00		0		4		2.64	2.26	0.57
Carbohydrate, by difference		0.57 0.0		0	NC	4		0.75	0.64	0.16 0.0
Fiber, total dietary				0	NR	4		0.0	0.0	
Sugars, total		0.57		U	NR	4		0.75	0.64	0.16
Starch	9									
Minerals: Calcium, Ca	ma	650		4		1		858	734	184
Iron, Fe	_	0.43		0		4		0.57	0.49	0.12
Magnesium, Mg	_	24		0		4		32	27	7
Phosphorus, P		360		4		1		475	407	102
Potassium, K	_	136		0		4		179	153	38
Sodium, Na	_	534		0		1		705	603	151
Zinc, Zn	mg	2.60		0		4		3.43	2.94	0.74
Copper, Cu	mg	0.022		0		1		0.029	0.025	0.00
Manganese, Mn	mg	0.011		0		1		0.015	0.012	0.00
Selenium, Se	µg	14.5		0	CAZN	4		19.1	16.4	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.014		0		4		0.018	0.016	0.00
Riboflavin	mg	0.240		2		1		0.317	0.271	0.06
Niacin	mg	0.060	0.008	10		1		0.079	0.068	0.01
Pantothenic acid	mg	0.210		1		1		0.277	0.237	0.06
Vitamin B-6	mg	0.053		0	T	4		0.070	0.060	0.03
Folate, total		18	1.835			1		24	21	5
Folic acid		0		0	Z	7		0	0	0
Folate, food		18	1.835			1		24	21	5
Folate, DFE		18		0	NC	4		24	21	5
Choline, total		15.4		0	T	4		20.3	17.4	4.4
Betaine	• • • • • • • • • • • • • • • • • • • •	1.50	0.171	-11		1		1.98	1.70	0.43
Vitamin B-12, added		0.00	0.1/1	0	z	7		0.00	0.00	0.4
Vitamin A, RAE		315		0	NC	4		416	356	89
Retinol		313		0	т	4		413	354	89
Carotene, beta		29		0	NR	4		38	33	8
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		1092		0	NC	4		1441	1234	309
Lycopene		0		0	z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.24		0	BFFN	4		0.32	0.27	0.07
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.5		0	AS	1		0.7	0.6	0.1
Vitamin D		21		0	BFFN	4		27	23	6
Vitamin K (phylloquinone)		2.4		0	BFFN	4		3.1	2.7	0.7
Dihydrophylloquinone	ua									

	<u>Ar</u>	mount in 1	100 grams	Amount in edible portion of common					
			Number				measures of food		
					Source C	onfidence	_		
Nutrients and Units	Mean	Std. Erre	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 16.0	691	0		1		22.032	18.861	4.732
4:0	•	027	1		1		1.356	1.161	0.291
6:0		556 336	1 1		1 1		0.734	0.628	0.158
8:0 10:0	0	336 681	1		1		0.444 0.899	0.380 0.770	0.095 0.193
12:0		768	1		1		1.014	0.868	0.218
13:0	0		=		_			******	01220
14:0	_	724	1		1		3.596	3.078	0.772
15:0	g								
16:0	0	638	1		1		8.762	7.501	1.882
17:0	-		_		_				
18:0	0	350	1		1		4.422	3.786	0.950
20:0									
24:0									
Fatty acids, total monounsaturated		338	0		1		12.326	10.552	2.647
14:1	g								
15:1	-								
16:1 undifferentiated	_	833	1		1		1.100	0.941	0.236
17:1 18:1 undifferentiated		051	1		1		10.627	9.098	2.282
20:1		000	0		1		0.000	0.000	0.000
22:1 undifferentiated	0	000	0		1		0.000	0.000	0.000
24:1 c	•								
Fatty acids, total polyunsaturated	g 0.'	729	0		1		0.962	0.824	0.207
18:2 undifferentiated	g 0.:	378	1		1		0.499	0.427	0.107
18:3 undifferentiated		351	1		1		0.463	0.397	0.100
18:4	-	000	0		1		0.000	0.000	0.000
20:2 n-6 c,c	-								
20:3 undifferentiated	-	000	0		1		0.000	0.000	0.000
20:5 n-3 (EPA)		000	0		1		0.000	0.000	0.000
21:5	_								
22:4	g								
22:5 n-3 (DPA)	0	000	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	0	000	0		1		0.000	0.000	0.000
Fatty acids, total trans			1		1		162	139	35
Phytosterols	_		_		-		102	137	33
•	9								
Amino Acids:	-		•		_				
Tryptophan Threonine	0	343 876	0		1 1		0.453 1.156	0.388 0.990	0.097 0.248
Isoleucine	0	446	0		1		1.909	1.634	0.410
Leucine	0	482	0		1		3.276	2.805	0.704
Lysine	0	987	0		1		2.623	2.245	0.563
Methionine	g 0.'	734	0		1		0.969	0.829	0.208
Cystine	g 0.:	134	0		4		0.177	0.151	0.038
Phenylalanine		323	0		1		1.746	1.495	0.375
Tyrosine	0	420	0		1		1.874	1.605	0.403
Valine	0	707 827	0 0		1 1		2.253 1.092	1.929 0.935	0.484 0.234
Arginine Histidine	0	686	0		1		0.906	0.775	0.194
Alanine		790	0		1		1.043	0.893	0.224
Aspartic acid	0	752	0		1		2.313	1.980	0.497
Glutamic acid	-	349	0		1		7.061	6.044	1.516
Glycine	g 0.4	485	0		1		0.640	0.548	0.137
Proline		892	0		1		3.817	3.268	0.820
Serine		357	0		1		1.791	1.533	0.385
Hydroxyproline	y								
Others:									
Alcohol, ethyl	-	0	0		7		0.0	0.0	0.0
Caffeine	mg 0		0	Z	7		0	0	0

NDB No. 01034 Cheese, port de salut

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 113g: 1 cup, shredded

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gr	ams	of edit	ole portion	Amount in edible portion of common			
			Nur	nber				easures of fo		
						Source Confidence				
Nutrients and Un	its	Mean Sto	l. Error Po			Code Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	40.95	0.661	21		1	54.05	11.61	6.96	
Energy		351		0	NC	4	464	100	60	
Energy		1471		0	NC	4	1941	417	250	
Protein (N x 6.38)		25.58	0.349	16		1	33.77	7.25	4.35	
Total lipid (fat)		26.62	0.341	24		1	35.14	7.55	4.53	
Ash	_	4.71	0.155			1	6.22	1.34	0.80	
Carbohydrate, by difference	_	2.14	01200	0	NC	4	2.82	0.61	0.36	
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0	
Sugars, total		0.56		0	BFNN	4	0.74	0.16	0.10	
Starch		0.30		·	DIM	-	0.71	0.10	0.10	
Minerals:										
Calcium, Ca	mg	756	17.043	18		1	998	214	129	
Iron, Fe	mg	0.52	0.065	5		1	0.69	0.15	0.09	
Magnesium, Mg		28	0.776			1	36	8	5	
Phosphorus, P	<u>m</u> g	496	16.404	13		1	655	141	84	
Potassium, K	-	138	12.835			1	183	39	24	
Sodium, Na	-	876	50.221			1	1156	248	149	
Zinc, Zn		3.23	0.170	5		1	4.26	0.92	0.55	
Copper, Cu		0.026		0		1	0.034	0.007	0.00	
Manganese, Mn	_	0.010		0		1	0.013	0.003	0.0	
Selenium, Se	µg	14.5		0	CAZN	4	19.1	4.1	2.5	
Vitamins:	ma	0.0		0		1	0.0	0.0	0.0	
Vitamin C, total ascorbic acid	_	0.0	0.004	9		1	0.025	0.005		
Thiamin	_	0.019	0.004			1	0.023	0.005	0.00	
Riboflavin	_	0.321	0.013			1	0.424	0.044	0.02	
Pantothenic acid	_	0.476	0.023	6		1	0.628	0.135	0.08	
Vitamin B-6		0.073	0.006	28		1	0.096	0.021	0.01	
Folate, total	_	10	1.110			1	14	3	2	
Folic acid		0	1.110	0	z	7	0	0	0	
Folate, food		10	1.110		_	1	14	3	2	
Folate, DFE		10		0	NC	4	14	3	2	
Choline, total		15.4		0	т	4	20.3	4.4	2.6	
Betaine	_			-	=	_				
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	1.46	0.136	8		1	1.93	0.41	0.2	
Vitamin B-12, added		0.00		0	z	7	0.00	0.00	0.00	
Vitamin A, RAE		236		0	NC	4	311	67	40	
Retinol		230		0	T	4	304	65	39	
Carotene, beta		68		0	BFFN	4	90	19	12	
Carotene, alpha		0		0	Z	7	0	0	0	
Cryptoxanthin, beta		0		0	Z	7	0	0	0	
Vitamin A, IU		880		0	NC	4	1162	250	150	
Lycopene		0		0	Z	7	0	0	0	
Lutein + zeaxanthin		0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol)		0.23		0	BFFN	4	0.30	0.06	0.04	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.5		0	AS	1	0.6	0.1	0.1	
Vitamin D	<u>I</u> U	20		0	BFFN	4	26	6	3	
Vitamin K (phylloquinone)	µg	2.2		0	BFFN	4	2.9	0.6	0.4	
Dihydrophylloquinone										
Menaquinone-4										

	<u>Ar</u>	noui	nt in 100 g	rams	of edil	ble portion	Amount in a	edible portion o	of common
			Nico	mber				easures of foo	
Nutrients and Units	Mean	Sto		Data	Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	.g 17. 0	078		0		1	22.543	4.842	2.903
4:0	•	981		2		1	1.295	0.278	0.167
6:0 8:0	-	370 256	0.022	2		1	0.488 0.338	0.105 0.073	0.063 0.044
10:0	-	482	0.022			1	0.636	0.073	0.044
12:0	.0	355	0.061			1	0.469	0.101	0.060
13:0	-								
14:0	=	748	0.084	10		1	3.627	0.779	0.467
15:0 16:0	-	150	0.190	10		1	10.770	2.313	1.387
17:0	.0		0.150			-	10.770	2.313	1.307
18:0	•	063	0.121	10		1	4.043	0.868	0.521
20:0	=								
22:0	-								
Fatty acids, total monounsaturated	. •	393		0		1	9.759	2.096	1.257
14:1	-								
15:1	•								
16:1 undifferentiated	•	878	0.064	10		1	1.159	0.249	0.149
17:1 18:1 undifferentiated	=	164	0.174	10		1	8.136	1.747	1.048
20:1			****	0		1	0.000	0.000	0.000
22:1 undifferentiated	.g 0.0	000		0		1	0.000	0.000	0.000
24:1 c	-			_		_			
Fatty acids, total polyunsaturated		769 494	0.050	0		1	1.015 0.652	0.218 0.140	0.131 0.084
18:3 undifferentiated		275	0.022			1	0.363	0.078	0.047
18:4	•	000		0		1	0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated				•					
20:4 undifferentiated 20:5 n-3 (EPA)		000		0		1	0.000	0.000 0.000	0.000
21:5		000		Ū		-	0.000	0.000	0.000
22:4	-								
22:5 n-3 (DPA)	-			0		1	0.000	0.000	0.000
22:6 n-3 (DHA) Fatty acids, total trans		000		0		1	0.000	0.000	0.000
Cholesterol			4.603	4		1	91	20	12
Phytosterols									
Amino Acids:									
Tryptophan	.g 0.:	345		0		4	0.455	0.098	0.059
Threonine		982		0		1	1.296	0.278	0.167
Isoleucine	-	091		0		1	1.440	0.309	0.185
LeucineLysine		297 646		0		1	3.032 3.493	0.651 0.750	0.390 0.450
Methionine		686		0		1	0.906	0.750	0.117
Cystine	=	116		0		1	0.153	0.033	0.020
Phenylalanine		287		0		1	1.699	0.365	0.219
Tyrosine		520 540		0		1	2.006 2.165	0.431 0.465	0.258 0.279
ValineArginine		022		0		1	1.349	0.403	0.174
Histidine		115		0		1	1.472	0.316	0.190
Alanine	•	706		0		1	0.932	0.200	0.120
Aspartic acid		744		0		1	2.302	0.494	0.296
Glutamic acidGlycine		235 433		0		1	8.230 0.572	1.768 0.123	1.060 0.074
Proline		766		0		1	3.651	0.123	0.470
Serine	•	471		0		1	1.942	0.417	0.250
Hydroxyproline	.g								
Others:									
Alcohol, ethyl	-	0		0		7	0.0	0.0	0.0
Caffeine	.mg 0			0	Z	7	0	0	0

NDB No. 01035 Cheese, provolone

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 28.35g: 1 oz Measure 3 = 17g: 1 cubic inch

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	<i>J</i> unt III 100	y grains	or eall	ole portion	Amount in edible portion of common			
			ı	Num be	•		<u>m</u>	easures of fo	<u>od</u>	
				of Data	Deriv	Source Confidence	е			
Nutrients and Uni	ite	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure	
Nutrients and on	113	IVICALI .	3tu. 🗀 101	. 0			Weasure i	Weasure 2	Wieasure	
Proximates:										
Water	g	50.60		0		4	66.79	14.35	57.18	
Energy	kcal	274		0		8	362	78	310	
Energy	kJ	1146		0		8	1513	325	1295	
Protein (N x 6.38)	g	24.70		0		8	32.60	7.00	27.91	
Total lipid (fat)		17.60		0		8	23.23	4.99	19.89	
Ash		3.60		0		4	4.75	1.02	4.07	
Carbohydrate, by difference	-	3.50		0		8	4.62	0.99	3.96	
Fiber, total dietary		0.0		0		7	0.0	0.0	0.0	
Sugars, total		0.55		0	BFNN	4	0.73	0.16	0.62	
Starch										
Minerals:										
Calcium, Ca	ma	756	17 (13 18		1	998	214	854	
Iron, Fe	_	0.52	0.0			1	998 0.69	0.15	854 0.59	
Magnesium, Mg	_	28		76 13		1	36	8	31	
Phosphorus, P		496		104 13		1	655	141	561	
Potassium, K		138		335 11		1	183	39	156	
Sodium, Na		615		0	NR	4	812	174	695	
Zinc. Zn	_	3.23	0.1			1	4.26	0.92	3.65	
Copper, Cu		0.02		0		1	0.034	0.007	0.02	
Manganese, Mn		0.01	0	0		1	0.013	0.003	0.01	
Selenium, Se		14.5		0	CAZN	4	19.1	4.1	16.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1	0.0	0.0	0.0	
Thiamin	_	0.01	9 0.0			1	0.025	0.005	0.02	
Riboflavin	_	0.32		15 13		1	0.424	0.091	0.36	
Niacin	_	0.15	6 0.0	23 18		1	0.206	0.044	0.17	
Pantothenic acid	_	0.47	6 0.1	.54 6		1	0.628	0.135	0.53	
Vitamin B-6	_	0.07	3 0.0	06 28		1	0.096	0.021	0.08	
Folate, total	µg	10	1.1	.10 15		1	14	3	12	
Folic acid		0		0	Z	7	0	0	0	
Folate, food	µg	10	1.1	.10 15		1	14	3	12	
Folate, DFE		10		0	NC	4	14	3	12	
Choline, total	mg	12.9		0	BFSN	4	17.0	3.7	14.6	
Betaine	mg									
Vitamin B-12	µg	1.46	0.1	.36 8		1	1.93	0.41	1.65	
Vitamin B-12, added	µg	0.00		0	BFZN	4	0.00	0.00	0.00	
Vitamin A, RAE	µg	141		0	NC	4	186	40	159	
Retinol	µg	137		0	BFFN	4	181	39	155	
Carotene, beta	µg	45		0	BFFN	4	60	13	51	
Carotene, alpha	µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7	0	0	0	
Vitamin A, IU	JU	532		0	NC	4	702	151	601	
Lycopene	µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin		0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0	BFFN	4	0.20	0.04	0.17	
Vitamin E, added		0.00		0	BFZN	4	0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		<u>.</u> -		_		_			_	
Vitamin D (D2 + D3)		0.3		0	AS	1	0.4	0.1	0.4	
Vitamin D		13		0	BFFN	4	17	4	15	
Vitamin K (phylloquinone)		1.5		0	BFFN	4	1.9	0.4	1.7	
Dihydrophylloquinone	ua									

	Amount in 100 grams of edible portion Number				on_		edible portion of easures of foo		
Nutrients and Units	Mean S	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:			_						
Fatty acids, total saturatedg 4:0g	11.30		0		4		14.916 0.858	3.204 0.184	12.769 0.735
6:0g	0.24		0		4		0.317	0.068	0.271
8:0g	0.170		0		4		0.224	0.048	0.192
10:0g	0.320)	0		4		0.422	0.091	0.362
12:0g	0.230)	0		4		0.304	0.065	0.260
13:0g	1 00		•						0.055
14:0	1.820)	0		4		2.402	0.516	2.057
16:0g	5.400)	0		4		7.128	1.531	6.102
17:0g									
18:0g	2.020)	0		4		2.666	0.573	2.283
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	4.89)	0		4		6.455	1.386	5.526
14:1g	1.05	,	ŭ		-		0.433	1.500	3.320
15:1g									
16:1 undifferentiatedg	0.580)	0		4		0.766	0.164	0.655
17:1g			_						
18:1 undifferentiatedg	4.080		0		4		5.386	1.157	4.610
20:1g 22:1 undifferentiatedg	0.000		0		4 4		0.000	0.000	0.000
24:1 cg	0.000	,	U		4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.510)	0		4		0.673	0.145	0.576
18:2 undifferentiatedg	0.330)	0		4		0.436	0.094	0.373
18:3 undifferentiatedg	0.180)	0		4		0.238	0.051	0.203
18:4g	0.000)	0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiated	0.000)	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000		0		4		0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000)	0		4		0.000	0.000	0.000
Fatty acids, total transg Cholesterolmg	55		0		8		73	16	62
Phytosterolsmg	33		U		0		73	10	02
Amino Acids:	0 24		•				0.455		
Tryptophan	0.34		0 0		4 1		0.455 1.296	0.098 0.278	0.390 1.110
Isoleucineg	1.09		0		1		1.440	0.278	1.233
Leucineg	2.29		0		1		3.032	0.651	2.596
Lysineg	2.640	5	0		1		3.493	0.750	2.990
Methionineg	0.686		0		1		0.906	0.194	0.775
Cystineg	0.110		0		1		0.153	0.033	0.131
Phenylalanineg	1.28		0		1		1.699	0.365	1.454
Tyrosineg	1.520 1.640		0 0		1		2.006 2.165	0.431 0.465	1.718 1.853
Valineg Arginineg	1.02		0		1		1.349	0.290	1.155
Histidine	1.11		0		1		1.472	0.316	1.260
Alanineg	0.70		0		1		0.932	0.200	0.798
Aspartic acidg	1.74		0		1		2.302	0.494	1.971
Glutamic acidg	6.23		0		1		8.230	1.768	7.046
Glycine	0.433 2.760		0 0		1 1		0.572 3.651	0.123	0.489
Proline	1.47		0		1		1.942	0.784 0.417	3.126 1.662
Hydroxyprolineg	1.47.	=	Ū		-		1.712	V. II.	1.002
Others: Alcohol, ethylg	0.0		0	z	7		0.0	0.0	0.0
Caffeineg	0.0		0	Z	7		0.0	0.0	0.0
	•		-	-	•		-	•	ū

NDB No. 01208 Cheese, provolone, reduced fat

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, diced

Measure 2 = 28.35g: 1 oz

Measure 3 = 113g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amol	int in 100 gi	ailis	or eat	ne portion	Amount in edible portion of common			
			Nur	mbei	r		<u>m</u>	easures of foo	od_	
			of	Data	Deriv	Source Confidence	<u> </u>			
Nutrients and Uni	te	Maan St						Measure 2	Measure	
Natrients and on	.5	Number	Wicasure							
Proximates:										
Water	g	74.41	0.891	12		1	92.27	21.10	183.05	
Energy	kcal	138		0	NC	4	171	39	340	
Energy	kJ	578		0		4	716	164	1421	
Protein (N x 6.38)		11.39	0.767	9		1	14.12	3.23	28.02	
Total lipid (fat)		7.91	0.612	12		1	9.81	2.24	19.46	
Ash		1.15	0.098	7		1	1.43	0.33	2.83	
Carbohydrate, by difference	-	5.14		0	NC	4	6.37	1.46	12.64	
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0	
Sugars, total				0	BFNN	4			0.76	
Starch										
Minerals:										
Calcium, Ca	ma	272	28.960	8		1	337	77	669	
Iron, Fe	-		20.500						1.08	
Magnesium, Mg	-		1.325						36	
Phosphorus, P									449	
Potassium, K						1	155	35	308	
Sodium, Na		99		0	NR	4	123	28	244	
Zinc, Zn	-	1.34		2		1	1.66	0.38	3.30	
Copper, Cu	mg	0.034		0		1	0.042	0.010	0.08	
Manganese, Mn	mg	0.010		0		1	0.012	0.003	0.02	
Selenium, Se	µg	16.7		0	BFNN	4	20.7	4.7	41.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1	0.0	0.0	0.0	
Thiamin	mg	0.021	0.003	7		1	0.026	0.006	0.05	
Riboflavin	mg	0.185	0.013	7		1	0.229	0.052	0.45	
Niacin	mg	0.078	0.014	6		1	0.097	0.022	0.19	
Pantothenic acid	mg	0.242		0		4	0.300	0.069	0.59	
Vitamin B-6	mg	0.020	0.002	6		1	0.025	0.006	0.04	
Folate, total	µg	13		0		4	16	4	32	
Folic acid	µg	0		0	Z	7	0	0	0	
Folate, food	µg	13		0		4	16	4	32	
Folate, DFE	µg	13		0	NC	4	16	4	32	
Choline, total	mg	16.3		0	CAZN	4	20.2	4.6	40.0	
Betaine	mg									
Vitamin B-12	µg		0.038	5				0.08	0.72	
Vitamin B-12, added				0				0.00	0.00	
Vitamin A, RAE								30	262	
Retinol	µg					4			258	
Carotene, beta									50	
Carotene, alpha				•				-	0	
Cryptoxanthin, beta				-					0	
Vitamin A, IU				-					944	
Lycopene				-					0	
Lutein + zeaxanthin									0	
Vitamin E (alpha-tocopherol)									0.17	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		Λ 1		0	7.0	1	0.3	0.0	0.4	
Vitamin D (D2 + D3)									0.4	
Vitamin D		6		0	BFFN	4	7	2	14	
Vitamin K (phylloquinone)		0.7		0	BFFN	4	0.8	0.2	1.6	
Dihydrophylloquinone	hg									

	<u>An</u>	noun	t in 100 gr	am s	of edi	Amount in edible portion of common				
			Nicon		_				easures of foo	•
				n ber		C	0	<u></u>	<u> </u>	<u>. u</u>
		.					Confidence			
Nutrients and Units	Mean	Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>				_		_				10.100
Fatty acids, total saturated				0 1		1 1		6.109	1.397 0.072	12.120 0.625
4:0				2		1		0.315 0.081	0.072	0.625
8:0			0.007	6		1		0.031	0.018	0.180
10:0			0.017	7		1		0.187	0.043	0.371
12:0	-		0.020	7		1		0.130	0.030	0.258
13:0	=									
14:0	g 0.8	808	0.063	7		1		1.002	0.229	1.988
15:0	g									
16:0	-	42	0.197	7		1		3.028	0.692	6.007
17:0										
18:0		66	0.069	7		1		1.074	0.246	2.130
20:0										
22:0	-									
24:0	=	111		0		1		0.000	0.656	F (02
Fatty acids, total monounsaturated		14		U		1		2.869	0.656	5.692
15:1	-									
16:1 undifferentiated		77	0.031	7		1		0.343	0.079	0.681
17:1	-		0.031	•		-		0.515	0.075	0.001
18:1 undifferentiated		20	0.152	7		1		2.381	0.544	4.723
20:1				0		1		0.000	0.000	0.000
22:1 undifferentiated	-			0		1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturated	=	60		0		1		0.322	0.074	0.640
18:2 undifferentiated		.90	0.018	7		1		0.236	0.054	0.467
18:3 undifferentiated	g 0.0	70	0.009	6		1		0.087	0.020	0.172
18:4	g 0.0	00		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated				0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	-	00		0		1		0.000	0.000	0.000
21:5	=									
22:4	=			•		-		0.000	0.000	0.000
22:5 n-3 (DPA)	=			0		1 1		0.000	0.000	0.000
22:6 n-3 (DHA)	0	00		U		_		0.000	0.000	0.000
Cholesterol	-			0		1		38	9	76
Phytosterols	=			Ü		-		30	,	70
,	9									
Amino Acids:										
Tryptophan				0		4		0.157	0.036	0.312
Threonine	=			0		1		0.649	0.148	1.287
Isoleucine				0		1		0.739	0.169	1.466
Leucine				0		1		1.531	0.350	3.038
Lysine				0		1		1.678	0.384	3.328
Methionine				0		1 1		0.352	0.081	0.699
Cystine				0		1		0.124 0.697	0.028 0.159	0.246 1.383
Phenylalanine Tyrosine	0			0		1		0.697	0.159	1.466
Valine				0		1		0.739	0.109	1.722
Arginine	0			0		1		0.792	0.130	1.572
Histidine				0		1		0.575	0.132	1.141
Alanine	0			0		1		0.626	0.143	1.242
Aspartic acid	0			0		1		1.249	0.285	2.477
Glutamic acid				0		1		3.068	0.701	6.086
Glycine	0			0		1		0.370	0.084	0.733
Proline				0		1		1.337	0.306	2.652
Serine				0		1		0.722	0.165	1.432
Hydroxyproline										
Othors										
Others:	a • • • •			^		7		0.0	0.0	0.0
Alcohol, ethyl	-	•		0	z	7 7		0.0	0.0 0	0.0 0
Cancing	···y 0			U	4	,		U	U	U

NDB No. 01037 Cheese, ricotta, part skim milk

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup Measure 2 = 28.35g: 1 oz Measure 3 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amou	nt in 100 gr	am s	of edit	le portion	Amount in edible portion of common			
			Nun	nber				easures of fo		
						Source Confiden	Ce			
Nutrients and Un	its	Mean Sto	d. Error Po			Code Code	Measure 1	Measure 2	Measure	
Proximates:										
Water		71.70	1.224	9		1	88.91	176.38		
Energy		174		0	NC	4	216	428		
Energy	kJ	728		0	NC	4	902	1790		
Protein (N x 6.38)	g	11.26	0.630	9		1	13.96	27.70		
Total lipid (fat)	g	12.98	0.761	9		1	16.10	31.93		
Ash	-	1.02	0.124	6		1	1.26	2.51		
Carbohydrate, by difference	g	3.04		0	NC	4	3.77	7.48		
Fiber, total dietary	g	0.0		0		4	0.0	0.0		
Sugars, total	g	0.27		0	BFNN	4	0.33	0.66		
Starch	g									
finerals:										
Calcium, Ca	-	207	37.765	4		1	257	509		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.38		0		1	0.47	0.93		
Magnesium, Mg		11	0.901	4		1	14	28		
Phosphorus, P	-	158	27.395	4		1	196	389		
Potassium, K		105	12.944	4 4		1 1	130 104	257 207		
Sodium, NaZinc, Zn	-	84 1.16	29.332	0		1	1.44	2.85		
Zinc, Zn	-	0.021		0		1	0.026	0.052		
Manganese, Mn	-	0.021		0		1	0.020	0.032		
Selenium, Se	-	14.5		0	CAZN	4	18.0	35.7		
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1	0.0	0.0		
Thiamin	-	0.013	0.002	4		1	0.016	0.032		
Riboflavin	-	0.195	0.017	4		1	0.242	0.480		
Niacin	-	0.104	0.020	4		1	0.129	0.256		
Pantothenic acid	mg	0.213		0		4	0.264	0.524		
Vitamin B-6	mg	0.043	0.019	4		1	0.053	0.106		
Folate, total	µg	12		0		4	15	30		
Folic acid	µg	0		0	Z	7	0	0		
Folate, food	µg	12		0		4	15	30		
Folate, DFE	µg	12		0	NC	4	15	30		
Choline, total	mg	17.5		0	T	4	21.7	43.1		
Betaine	mg									
Vitamin B-12	µg	0.34	0.061	4		1	0.42	0.83		
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00		
Vitamin A, RAE	µg	120		0	NC	4	149	295		
Retinol	µg	117		0	T	4	145	288		
Carotene, beta		33		0	BFFN	4	41	82		
Carotene, alpha		0		0	Z	7	0	0		
Cryptoxanthin, beta		0		0	Z	7	0	0		
Vitamin A, IU		445		0	NC	4	552	1096		
Lycopene		0		0	z	7	0	0		
Lutein + zeaxanthin		0		0	Z	7	0	0		
Vitamin E (alpha-tocopherol)		0.11		0	BFFN	4	0.14	0.27		
Vitamin E, added		0.00		0	Z	7	0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, gamma Tocotrienol, delta										
Vitamin D (D2 + D3)		0.2		0	AS	1	0.3	0.6		
Vitamin D		10		0	BFFN	4	12	23		
Vitamin K (phylloquinone)		1.1		0	BFFN	4	1.3	2.7		
Dihydrophylloquinone		***		٠	F14	-	1.5	4.1		
Menaquinone-4										

		<u>Am</u>	our	ıt in 100 gr	am s	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
				Nun	nber					easures of foo	
							Source C	Confidence			<u> </u>
Nutrients and Units		Mean	644	Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and Onits		Wean	Stu						weasure i	Measure 2	Measure 5
Lipids:											
Fatty acids, total saturated	g	8.29	95		0		1		10.286	20.406	
4:0	g	0.57	74	0.200	4		1		0.712	1.412	
6:0		0.09	93	0.008	4		1		0.115	0.229	
8:0		0.11		0.008	4		1		0.148	0.293	
10:0	-	0.22		0.020	4		1		0.284	0.563	
12:0	-	0.19	58	0.020	4		1		0.196	0.389	
14:0	-	1.36	54	0.090	4		1		1.691	3.355	
15:0	-		-	0.000	-		_		1.031	3.333	
16:0	-	4.05	57	0.274	4		1		5.031	9.980	
17:0	g										
18:0		1.28	31	0.104	4		1		1.588	3.151	
20:0											
22:0											
24:0Fatty acids, total monounsaturated	-	3.62	27		0		1		4.497	8.922	
14:1		3.0.	-,		Ū		-		4.457	0.722	
15:1											
16:1 undifferentiated		0.53	32	0.077	4		1		0.660	1.309	
17:1	g										
18:1 undifferentiated		2.87		0.225	4		1		3.561	7.065	
20:1		0.00			0		1		0.000	0.000	
22:1 undifferentiated	-	0.00	00		0		1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated	-	0.38	35		0		1		0.477	0.947	
18:2 undifferentiated		0.27		0.038	4		1		0.339	0.672	
18:3 undifferentiated		0.1		0.022	4		1		0.139	0.276	
18:4	g	0.00	00		0		1		0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated		0.00			0		1		0.000	0.000	
20:5 n-3 (EPA) 21:5		0.00	50		U		1		0.000	0.000	
22:4	-										
22:5 n-3 (DPA)	-	0.00	00		0		1		0.000	0.000	
22:6 n-3 (DHA)	-	0.00	00		0		1		0.000	0.000	
Fatty acids, total trans	-										
Cholesterol		51			0		1		63	124	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.12	25		0		4		0.155	0.308	
Threonine		0.51			0		1		0.641	1.272	
Isoleucine		0.58			0		1		0.730	1.449	
Leucine		1.22			0		1 1		1.514	3.004	
Lysine Methionine		1.33			0		1		1.659 0.348	3.291 0.691	
Cystine	-	0.09			0		1		0.123	0.244	
Phenylalanine	-	0.55			0		1		0.689	1.368	
Tyrosine		0.58	39		0		1		0.730	1.449	
Valine	g	0.69	92		0		1		0.858	1.702	
Arginine		0.63			0		1		0.784	1.555	
Histidine	_	0.45			0		1		0.569	1.129	
Alanine	-	0.49			0		1 1		0.619	1.228	
Aspartic acidGlutamic acid	_	0.99 2.44			0		1		1.234 3.033	2.448 6.017	
Glycine		0.29			0		1		0.366	0.726	
Proline		1.06			0		1		1.322	2.622	
Serine	_	0.57			0		1		0.713	1.415	
Hydroxyproline	-										
Others:											
Alcohol, ethyl	g	0.0			0		7		0.0	0.0	
Caffeine	_	0			0	z	7		0	0	

NDB No. 01036 Cheese, ricotta, whole milk

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Common Measures:

Measure 1 = 124g: .5 cup Measure 2 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	ams	of edik	le portion		Amount in e	dible portion	of common
			Nun	nber					easures of fo	
						Source Con	fidanca			
Nutrio nto and the		Maan Ct	d.Error Po				Code	Manage 4	M 0	
Nutrients and Un	its	Mean St	a. Error Po	iiits	Code	Code (Joue	Measure 1	Measure 2	Measure
Proximates:										
Water	g	30.91	0.410	47		1		8.76	43.89	
Energy	kcal	387		0	NC	4		110	549	
Energy		1618		0		4		459	2297	
Protein (N x 6.38)	g	31.80	1.404	11		1		9.02	45.16	
Total lipid (fat)	g	26.94	0.969	7		1		7.64	38.25	
Ash	g	6.72	0.670	8		1		1.91	9.54	
Carbohydrate, by difference	g	3.63		0	NC	4		1.03	5.15	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.73		0	BFNN	4		0.21	1.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	1064	64.972	6		1		302	1511	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.77		0		4		0.22	1.09	
Magnesium, Mg		41		0		4		12	58	
Phosphorus, P	_	760		2		1		215	1079	
Potassium, K	-	86		0		4		24	123	
Sodium, Na	-	1433 2.58		0	NR	4		406 0.73	2035 3.66	
Zinc, Zn		0.030		0		1		0.73	0.043	
Copper, Cu Manganese, Mn		0.020		0		1		0.009	0.043	
Selenium. Se	_	14.5		0	CAZN	4		4.1	20.6	
itamins:						_				
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	_	0.037		0		4		0.010	0.053	
Riboflavin	_	0.370	0.009	4		1		0.105	0.525	
Niacin	_	0.077	0.017			1		0.022	0.109	
Pantothenic acid	_	0.424		0		4		0.120	0.602	
Vitamin B-6	mg	0.085		0		4		0.024	0.121	
Folate, total	µg	7	1.000	24		1		2	10	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	7	1.000	24		1		2	10	
Folate, DFE	µg	7		0	NC	4		2	10	
Choline, total	mg	15.4		0	T	4		4.4	21.9	
Betaine	_									
Vitamin B-12		1.12		0		4		0.32	1.60	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		96		0	NC	4		27	136	
Retinol		90 69		0	BFFN	4		26 20	128	
Carotene, beta		0		0	Z	7		0	98 0	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta Vitamin A, IU		415		0	NC	4		118	590	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.23		0	BFFN	4		0.07	0.33	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		a =		_	_	_			_	
Vitamin D (D2 + D3)		0.5		0	AS	1		0.1	0.7	
Vitamin D		20		0	BFFN	4		6	28	
Vitamin K (phylloquinone)		2.2		0	BFFN	4		0.6	3.2	
Dihydrophylloquinone	µg									

		Amount in 1	00 grams		ble porti	<u>on</u>		edible portion of	
Nutrients and Units	Mea	n Std.Erro		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated		7.115 L.355	0		4 4		4.852 0.384	24.303 1.924	
6:0	•	0.508	0		4		0.144	0.721	
8:0		0.271	0		4		0.077	0.385	
10:0	-	0.671	0		4		0.190	0.953	
12:0	.g	0.911	0		4		0.258	1.294	
13:0	.g								
14:0	.0	3.036	0		4		0.861	4.311	
15:0									
16:0	.0	7.265	0		4		2.060	10.316	
17:0		. 400	•		4		0.680	2 400	
18:0 20:0	.0	2.400	0		4		0.680	3.408	
22:0									
24:0									
Fatty acids, total monounsaturated	-	7.838	0		4		2.222	11.130	
14:1	.g								
15:1	.g								
16:1 undifferentiated		0.411	0		4		0.117	0.584	
17:1									
18:1 undifferentiated		5.942	0		4		1.968	9.858	
20:1	.0	0.000	0		4 4		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000	U		4		0.000	0.000	
Fatty acids, total polyunsaturated		0.593	0		4		0.168	0.842	
18:2 undifferentiated		0.284	0		4		0.081	0.403	
18:3 undifferentiated	-	0.310	0		4		0.088	0.440	
18:4		0.000	0		4		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated	.g								
20:4 undifferentiated		0.000	0		4		0.000	0.000	
20:5 n-3 (EPA)	-	0.000	0		4		0.000	0.000	
21:5	-								
22:4	-	0.000	0		4		0.000	0.000	
22:5 n-3 (DPA) 22:6 n-3 (DHA)		0.000	0		4		0.000	0.000	
Fatty acids, total trans			·		•		0.000	0.000	
Cholesterol		1	1		1		29	148	
Phytosterols									
•									
Amino Acids:	a	0.429	0		4		0.122	0.609	
Tryptophan Threonine	•	1.171	0		4		0.122	1.663	
Isoleucine		L.685	0		4		0.478	2.393	
Leucine		3.071	0		4		0.871	4.361	
Lysine	•	2.941	0		4		0.834	4.176	
Methionine	.g	0.852	0		4		0.242	1.210	
Cystine	.g	0.209	0		4		0.059	0.297	
Phenylalanine	.0	L.710	0		4		0.485	2.428	
Tyrosine	•	L.775	0		4		0.503	2.521	
Valine	•	2.183	0		4		0.619	3.100	
Arginine	•	1.171	0		4		0.332	1.663	
Histidine	•	L.231 D.932	0		4 4		0.349 0.264	1.748	
Alanine	.0	1.932 L.989	0		4		0.264	1.323 2.824	
Aspartic acidGlutamic acid	•	7.302	0		4		2.070	10.369	
Glycine	.0	0.553	0		4		0.157	0.785	
Proline		3.718	0		4		1.054	5.280	
Serine	•	L.840	0		4		0.522	2.613	
Hydroxyproline	-								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine)	0	z	7		0	0	
			•	-	-		-	-	

NDB No. 01038 Cheese, romano

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code Mean

Measure 1

Nutrients and Units

Code

Measure 2

Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 5 package (5 oz)

Carbohydrate 3.87 Calories Factors: Protein 4.27 **Fat** 8.79

Food Group: 01 Dairy and Egg Products

Menaquinone-4.....µg

Lipids:

Refuse:0%

		<u>Am our</u>	nt in 100 gr	ams	of edil	ble portion		Amount in e	dible portion	of common
			Nun	nber	•				easures of foo	
						Source Conf	fidence	_		•
Nutrionto and Ilm	:40	Mean Sto	d. Error Po				ode	Manaura 1	Magazira 2	Magaura
Nutrients and Un	its	wean Sto	a. Error 10	11113	Oout	ooue o	ouc	Measure 1	Measure 2	Measure
Proximates:										
Water	g	39.38	0.703	15		1		11.16	33.47	
Energy	kcal	369		0	NC	4		105	314	
Energy		1544				4		438	1312	
Protein (N x 6.38)		21.54	0.281	3		1		6.11	18.31	
Total lipid (fat)		30.64	0.926	8		1		8.69	26.04	
Ash		6.44	0.190	4		1		1.83	5.47	
Carbohydrate, by difference	-	2.00	0.130	0	NC	4		0.57	1.70	
•		0.0		0	NC	4		0.0	0.0	
Fiber, total dietary		0.0		U		4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:_										
Calcium, Ca	mg	662	34.969	12		1		188	563	
Iron, Fe	mg	0.56	0.197	4		1		0.16	0.48	
Magnesium, Mg	mg	30	1.885	4		1		8	25	
Phosphorus, P		392	17.766	11		1		111	333	
Potassium, K	mg	91	10.115	3		1		26	77	
Sodium, Na	mg	1809	157.400	4		1		513	1538	
Zinc, Zn	mg	2.08	0.122	4		1		0.59	1.77	
Copper, Cu	mg	0.034		0		1		0.010	0.029	
Manganese, Mn	mg	0.030		0		1		0.009	0.026	
Selenium, Se	µg	14.5		0	CAZN	4		4.1	12.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	
Thiamin	-	0.040		2		1		0.011	0.034	
		0.586	0.071			1		0.011	0.498	
Riboflavin	-	0.586	0.071			1		0.166		
Niacin	-					1			0.624	
Pantothenic acid	-	1.731 0.124	0.183 0.010			1		0.491 0.035	1.471	
Vitamin B-6	-					=		14	0.105	
Folate, total		49	7.757		_	1			42	
Folic acid		0		0	Z	7		0	0	
Folate, food		49	7.757			1		14	42	
Folate, DFE		49		0	NC	4		14	42	
Choline, total	-									
Betaine				_						
Vitamin B-12		0.64	0.056	9		1		0.18	0.55	
Vitamin A, RAE		294		0	NC	4		83	250	
Retinol		290		0	NC	4		82	247	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta									_	
Vitamin A, IU		1047		1		1		297	890	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	g									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
,										

	Amo	ount in 100 grams	<u>n</u>	Amount in edible portion of common			
		Num be i				easures of foc	
			Deriv Source C	Confidence			_
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 19.26	3 0	1		5.461	16.374	
4:0		7 1	1		0.249	0.745	
6:0	g 0.660	1	1		0.187	0.561	
8:0	g 0.674	1	1		0.191	0.573	
10:0	g 2.163	3 1	1		0.613	1.839	
12:0	g 1.29!	5 1	1		0.367	1.101	
13:0	-						
14:0	-) 1	1		0.921	2.763	
15:0	-						
16:0	-) 1	1		1.863	5.585	
17:0	-						
18:0	-	1	1		0.890	2.670	
20:0	-						
22:0	-						
Fatty acids, total monounsaturated	=	L 0	1		2.402	7.203	
14:1			-		2.402	7.203	
15:1	-						
16:1 undifferentiated	-) 1	1		0.207	0.621	
17:1	-	, <u>+</u>	-		0.207	0.021	
18:1 undifferentiated	-	5 1	1		2.114	6.338	
20:1							
22:1 undifferentiated							
24:1 c							
Fatty acids, total polyunsaturated		0	1		0.374	1.122	
18:2 undifferentiated		5 1	1		0.175	0.524	
18:3 undifferentiated		1	1		0.200	0.598	
18:4							
20:2 n-6 c,c	g						
20:3 undifferentiated	g						
20:4 undifferentiated	g 0.000	0	4		0.000	0.000	
20:5 n-3 (EPA)	g						
21:5	g						
22:4	-						
22:5 n-3 (DPA)	-						
22:6 n-3 (DHA)	-						
Fatty acids, total trans			-				
Cholesterol	-	1	1		26	77	
Phytosterols	mg						
Amino Acids:							
Tryptophan	g 0.30:	0	4		0.086	0.258	
Threonine	g 0.96	5 0	4		0.274	0.820	
Isoleucine	g 1.21	7 0	4		0.345	1.034	
Leucine	g 2.114	L 0	4		0.599	1.797	
Lysine	g 1.848	0	4		0.524	1.571	
Methionine	g 0.558	0	4		0.158	0.474	
Cystine			4		0.036	0.107	
Phenylalanine			4		0.290	0.870	
Tyrosine			4		0.287	0.860	
Valine			4		0.458	1.372	
Arginine			4		0.202	0.606	
Histidine			4		0.171	0.512	
Alanine	-		4		0.275	0.824	
Aspartic acid			4		0.335	1.004	
Glutamic acid			4		1.040	3.120	
Glycine			4		0.042	0.126	
Proline	-		4		0.592	1.776	
Serine	-	2 0	4		0.502	1.506	
Hydroxyproline	y						

NDB No. 01039 Cheese, roquefort

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 package (3 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gr	ams	Amount in edible portion of common						
			Nun	nber				measures of food			
						Source Co	nfidence				
Nutrients and U	Units	Mean Std	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		37.63	0.136	12	A	1		49.68	91.83	40.65	
Energy		393		0	NC	4		519	959	425	
Energy	kJ	1645		0	NC	4		2171	4014	1777	
Protein (N x 6.38)	g	26.96	0.236	12	A	1		35.59	65.79	29.12	
Total lipid (fat)	g	30.99	0.239	12	A	1		40.90	75.61	33.47	
Ash	g	2.97	0.041	12	A	1		3.93	7.26	3.21	
Carbohydrate, by difference		1.44		0	NC	4		1.90	3.51	1.56	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000	4	A	1		0.00	0.00	0.00	
Fructose		0.00	0.000	4	A	1		0.00	0.00	0.00	
Lactose		0.00	0.000	4	A	1		0.00	0.00	0.00	
Maltose		0.00	0.000	4	A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	4	A	1		0.00	0.00	0.00	
Starch											
Minerals:											
Calcium, Ca	<u>mg</u>	890	9.597	12	A	1		1175	2172	961	
Iron, Fe	mg	0.13	0.004	12	A	1		0.17	0.32	0.14	
Magnesium, Mg	mg	33	0.390	12	A	1		44	81	36	
Phosphorus, P		574	4.448	12	A	1		758	1401	620	
Potassium, K		72	2.679	12	A	1		95	175	78	
Sodium, Na		187	10.837		A	1		246	455	201	
Zinc, Zn		4.37	0.039	12	A	1		5.77	10.66	4.72	
Copper, Cu		0.047	0.003	12	A	1		0.063	0.116	0.05	
Manganese, Mn		0.026	0.002	12 6	A A	1 1		0.035	0.064	0.02	
Selenium, Se	µg	30.0	0.465	0	A	1		39.6	73.2	32.4	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0	
,	_	0.011	0.002	6	A	1		0.014	0.027	0.01	
ThiaminRiboflavin	_	0.302	0.002	6	A	1		0.399	0.027	0.32	
	-	0.064	0.003	6	A	1		0.085	0.738	0.06	
Niacin Pantothenic acid	_	0.353	0.011	4	A	1		0.466	0.157	0.06	
Vitamin B-6	•	0.071	0.014	6	A	1		0.094	0.861	0.38	
Folate, total		10	0.001	2	A	1		13	23	10	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		10		2	A	1		13	23	10	
Folate, DFE		10		0	NC	4		13	23	10	
Choline, total		15.5		0	AS	1		20.5	37.8	16.7	
Betaine		0.6		1	A	1		0.8	1.4	0.6	
Vitamin B-12	•	3.06	0.258	6	A	1		4.04	7.47	3.30	
Vitamin B-12, added		0.00	0.230	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		288		0	AS	1		381	704	311	
Retinol		283	20.781	4	A	1		374	691	306	
Carotene, beta		61	3.788	4	A	1		80	148	65	
Carotene, alpha		1	0.164		A	1		1	1	1	
Cryptoxanthin, beta		2	0.092		A	1		2	4	2	
Vitamin A, IU		1047	· · · · ·	0	AS	1		1382	2555	1131	
Lycopene		1	0.528	4	A	1		1	2	1	
Lutein + zeaxanthin		8	1.608	4	A	1		10	19	9	
Vitamin E (alpha-tocopherol)		0.60	0.068	6	A	1		0.79	1.45	0.64	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.02	0.023	6	A	1		0.03	0.06	0.02	
Tocopherol, gamma		0.07	0.021	6	A	1		0.10	0.18	0.08	
Tocopherol, delta		0.00	0.000	6	A	1		0.00	0.00	0.00	
Tocotrienol, alpha		0.13	0.010	6	A	1		0.17	0.31	0.14	
Tocotrienol, beta		0.00	0.000	6	A	1		0.00	0.00	0.00	

	An	nount in 10	0 gram	s of edi	ble portion		Amount in a	edible portion o	of common
			Num be	ar.				easures of foo	
					Source Cor	nfidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
					_				
Tocotrienol, gamma			000 6	A	1		0.00	0.00	0.00
Tocotrienol, delta	_		000 6 2	A AS	1 1		0.00 0.0	0.00	0.00
Vitamin D (D2 + D3) Vitamin D2 (ergocalciferol)			2		1		0.0	0.0 0.0	0.0 0.0
Vitamin D3 (cholecalciferol)	_		2	A	1		0.0	0.0	0.0
Vitamin D			0	Z	7		0	0	0
Vitamin K (phylloquinone)		Ł	2	A	1		1.8	3.4	1.5
Dihydrophylloquinone)	2	A	1		0.0	0.0	0.0
Menaquinone-4	µg 6.3	3	2	A	1		8.3	15.3	6.8
Lipids:									
Fatty acids, total saturated	g 18.2	27	0	NC	4		24.059	44.474	19.685
4:0	g 0.6	81 0.0	011 12	. A	1		0.899	1.662	0.736
6:0			007 12		1		0.716	1.323	0.586
8:0	=		004 12		1		0.431	0.797	0.353
10:0			009 12		1		1.013	1.873	0.829
12:0		375 0.0	010 12	. A	1		1.155	2.134	0.945
13:0	•	110 0 (030 12	. A	1		2 052	7 100	3.153
15:0	•		030 12 004 12		1		3.853 0.403	7.123 0.745	0.330
16:0	=		037 12		1		11.032	20.393	9.027
17:0	•		002 12		1		0.250	0.462	0.204
18:0	-		058 12		1		4.219	7.798	3.452
20:0	-		001 12		1		0.058	0.106	0.047
22:0	=	0.0	000 12	A	1		0.019	0.035	0.016
24:0	g 0.0	0.0	000 12	. A	1		0.011	0.021	0.009
Fatty acids, total monounsaturated	g 8.0	146	0	NC	4		10.621	19.633	8.690
14:1	g 0.2	97 0.0	006 12	. A	1		0.392	0.724	0.320
15:1	g 0.0	0.0	000 12	. A	1		0.000	0.000	0.000
16:1 undifferentiated	=		016 12		1		0.745	1.378	0.610
16:1 c			016 12		1		0.611	1.129	0.500
16:1 t	=		002 12		1		0.135	0.249	0.110
17:1	=		001 12 133 12		1 1		0.082	0.152	0.067
18:1 undifferentiated	•		133 12 082 12		1		9.320 8.407	17.227 15.540	7.625 6.878
18:1 t	•		082 12 075 12		1		0.913	1.687	0.747
18:1-11 t (18:1t n-7)	0	0.0	0/5 12		_		0.913	1.007	0.747
20:1		0.60	001 12	. A	1		0.079	0.146	0.065
22:1 undifferentiated	0		000 12		1		0.003	0.005	0.002
22:1 c	•	0.0	000 12	A	1		0.003	0.005	0.002
22:1 t	g 0.0	0.0	000 12	. A	1		0.000	0.000	0.000
24:1 c	g 0.0	0.0	000 12	. A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	g 1.3	341	0	NC	4		1.770	3.273	1.449
18:2 undifferentiated			015 12	AS	1		1.434	2.651	1.173
18:2 n-6 c,c			007 12		1		0.969	1.791	0.793
18:2 CLAs		.61 0.0	005 12	A	1		0.213	0.393	0.174
18:2 t,t	=								
18:2 i	-	01 0 /	005 10		1		0.053	0.468	0 207
18:2 t not further defined	•		005 12		1 1		0.253	0.467	0.207
18:3 undifferentiated			005 12 004 12		1		0.170 0.165	0.314 0.304	0.139 0.135
18:3 n-6 c,c,c (ALA)			000 12		1		0.002	0.004	0.002
18:3i			000 12		1		0.003	0.006	0.003
18:4	•		001 12		1		0.002	0.003	0.001
20:2 n-6 c,c	•		000 12		1		0.009	0.016	0.007
20:3 undifferentiated	•		000 12		1		0.046	0.085	0.038
20:3 n-3	=	0.0	000 12	. A	1		0.003	0.006	0.003
20:3 n-6	g 0.0	0.0	000 12	. A	1		0.043	0.079	0.035
20:4 undifferentiated	g 0.0	0.0	001 12	. A	1		0.061	0.113	0.050
20:4 n-6									
20:5 n-3 (EPA)		000	0		1		0.000	0.000	0.000
21:5		.00							
22:4	=		000 12		1		0.010	0.018	0.008
22:5 n-3 (DPA)	g 0.0	ля 0.0	001 12	. A	1		0.024	0.044	0.020

	<u>Am our</u>	nt in 100 gr Nur	rams nber		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
						Confidence			
Nutrients and Units	Mean Sto	l. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.987		0	NC	4		1.303	2.409	1.066
Fatty acids, total trans-monoenoicg	0.793		0	NC	4		1.047	1.936	0.857
Fatty acids, total trans-polyenoicg	0.194		0	NC	4		0.256	0.473	0.209
Cholesterolmg	93	1.186	6	A	1		123	228	101
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.401		0	A	1		0.529	0.978	0.433
Threonineg	1.038		0	A	1		1.370	2.533	1.121
Isoleucineg	1.537		0	A	1		2.029	3.750	1.660
Leucineg	2.959		0	A	1		3.906	7.220	3.196
Lysineg	2.585		0	A	1		3.412	6.307	2.792
Methionineg	0.784		0	A	1		1.035	1.913	0.847
Cystineg	0.290		0	A	1		0.383	0.708	0.313
Phenylalanineg	1.662		0	A	1		2.194	4.055	1.795
Tyrosineg	1.693		0	A	1		2.235	4.131	1.828
Valineg	2.139		0	A	1		2.823	5.219	2.310
Arginineg	0.927		0	A	1		1.224	2.262	1.001
Histidineg	1.065		0	A	1		1.406	2.599	1.150
Alanineg	0.914		0	A	1		1.206	2.230	0.987
Aspartic acidg	1.569		0	A	1		2.071	3.828	1.695
Glutamic acidg	5.704		0	A	1		7.529	13.918	6.160
Glycineg	0.508		0	A	1		0.671	1.240	0.549
Prolineg	3.690		0	A	1		4.871	9.004	3.985
Serineg	1.640		0	A	1		2.165	4.002	1.771
Hydroxyprolineg									
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	z	7		0	0	0

Common Measures:

Measure 1 = 132g: 1 cup, diced Measure 2 = 244g: 1 cup, melted Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amoun	t in 100 grams	oredia	ne portion		Amount in edible portion of common			
			Number				m	easures of foo	od_	
					Source Confi	dence				
Nutrients and Un	ito	Mean Std.	Error Points			ode	Magaura 1	Measure 2	Measure 3	
Nutrients and On	11.5	Mean Stu.	Eloi ionits	Oouc		<i></i>	Measure 1	weasure 2	weasure .	
Proximates:										
Water	g	59.60	0		4		16.69	8.94	64.37	
Energy	kcal	179	0		4		50	27	193	
Energy	kJ	749	0		4		210	112	809	
Protein	g	28.40	0		4		7.95	4.26	30.67	
Total lipid (fat)	g	5.10	0		4		1.43	0.77	5.51	
Ash	g	3.50	0	NR	4		0.98	0.53	3.78	
Carbohydrate, by difference	g	3.40	0		4		0.95	0.51	3.67	
Fiber, total dietary	g	0.0	0		7		0.0	0.0	0.0	
Sugars, total	g	1.33	0	BFNN	4		0.37	0.20	1.43	
Starch	g									
Minorals										
Minerals:	ma	961	0		4		269	144	1038	
Calcium, Ca	-		0		4		269 0.05			
Iron, Fe	-	0.17 36	0		4		10	0.03 5	0.18 39	
Phosphorus, P		605	0		4		169	91	653	
Potassium, K		111	0		4		31	17	120	
Sodium, Na	-	199	0	NR	4		56	30	215	
Zinc, Zn	-	3.90	0	1111	4		1.09	0.59	4.21	
Copper, Cu	-	0.027	0		4		0.008	0.004	0.02	
Manganese, Mn										
Selenium, Se		12.7	0	BFNN	4		3.6	1.9	13.7	
,										
<u>Vitamins:</u>					_					
Vitamin C, total ascorbic acid	-	0.0	0		7		0.0	0.0	0.0	
Thiamin	-	0.020	0		4		0.006	0.003	0.02	
Riboflavin	-	0.360	0		4		0.101	0.054	0.38	
Niacin	-	0.090	0		4		0.025	0.014	0.09	
Pantothenic acid	-	0.080	•		4		0.000	0.010	0.08	
Vitamin B-6	-	6	0		4		0.022 2	0.012 1	6	
Foliate, total		0	0	z	7		0	0	0	
Folic acidFolate, food		6	0	4	4		2	1	6	
Folate, DFE		6	0	NC	4		2	1	6	
Choline, total		15.4	0	T	4		4.3	2.3	16.6	
Betaine		13.1	· ·	-	-		4.5	2.3	10.0	
Vitamin B-12	-	1.68	0		4		0.47	0.25	1.81	
Vitamin B-12, added		0.00	0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		40	0	NC	4		11	6	44	
Retinol		39	0	BFFN	4		11	6	42	
Carotene, beta		13	0	BFFN	4		4	2	14	
Carotene, alpha		0	0	z	7		0	0	0	
Cryptoxanthin, beta		0	0	z	7		0	0	0	
Vitamin A, IU		152	0	NC	4		43	23	164	
Lycopene		0	0	Z	7		0	0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.07	0	BFFN	4		0.02	0.01	0.08	
Vitamin E, added		0.00	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	g									
Tocopherol, delta										
Tocotrienol, alpha	g									
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.1	0	AS	1		0.0	0.0	0.1	
Vitamin D	IU	4	0	BFFN	4		1	1	4	
Vitamin K (phylloquinone)	µg	0.5	0	BFFN	4		0.1	0.1	0.5	
	µg									

	<u>Amount in</u>	100 grams of ed		<u>m</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std. Er	of Data Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Lipids:							
Fatty acids, total saturated	3.304	0	4	0.925	0.496	3.568	
4:0g	0.204	0	4	0.057	0.031	0.220	
6:0g	0.091	0	4	0.025	0.014	0.098	
8:0g	0.054	0	4	0.015	0.008	0.058	
10:0g	0.115	0	4	0.032	0.017	0.124	
12:0g	0.097	0	4	0.027	0.015	0.105	
13:0g							
14:0g	0.569	0	4	0.159	0.085	0.615	
15:0g							
16:0g	1.447	0	4	0.405	0.217	1.563	
17:0g							
18:0g	0.604	0	4	0.169	0.091	0.652	
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	1.351	0	4	0.378	0.203	1.459	
14:1g							
15:1g							
16:1 undifferentiatedg	0.164	0	4	0.046	0.025	0.177	
17:1g							
18:1 undifferentiatedg	1.119	0	4	0.313	0.168	1.209	
20:1g	0.000	0	4	0.000	0.000	0.000	
22:1 undifferentiatedg	0.000	0	4	0.000	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturated	0.180	0	4	0.050	0.027	0.194	
18:2 undifferentiatedg	0.115	0	4	0.032	0.017	0.124	
18:3 undifferentiatedg	0.065	0	4	0.018	0.010	0.070	
18:4g	0.000	0	4	0.000	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg		_					
20:4 undifferentiatedg	0.000	0	4	0.000	0.000	0.000	
20:5 n-3 (EPA)g	0.000	0	4	0.000	0.000	0.000	
21:5g							
22:4g	0.000	•		0.000	0.000	0.000	
22:5 n-3 (DPA)g	0.000	0	4 4	0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.000	U	4	0.000	0.000	0.000	
Fatty acids, total transg	35	0	4	10	5	38	
Cholesterolmg Phytosterolsmg	33	U	4	10	5	30	
r nytosteroisnig							
Others:							
Alcohol, ethylg	0.0	0	7	0.0	0.0	0.0	
Caffeinemg	0	0 Z	7	0	0	0	
Theobrominemg	0	0 Z	7	0	0	0	

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)
Measure 2 = 15.0g: 1 cubic inch
Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	Amount in edible portion of common					
				Number					easures of foo	
						Source Co	nfidonoo			_
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
natricino ana or	into	Mean	ota. E i oi					measure r	medsare 2	measure
Proximates:										
Water		37.8	0	0		4		10.58	5.67	40.82
Energy	kcal	374		0	NC	4		105	56	404
Energy	kJ	1564		0	NC	4		438	235	1689
Protein	g	28.4	0	1		1		7.95	4.26	30.67
Total lipid (fat)	g	27.4	0	1		1		7.67	4.11	29.59
Ash	g	3.0	1	0	NR	4		0.84	0.45	3.25
Carbohydrate, by difference	g	3.4	0	0	NC	4		0.95	0.51	3.67
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0
Sugars, total	g	1.3	1	0	BFNN	4		0.37	0.20	1.41
Starch	g									
Minerals:										
Calcium, Ca	_	961	_	1		1		269	144	1038
Iron, Fe	-	0.1	7	1		1		0.05	0.03	0.18
Magnesium, Mg		36		1		1		10	5	39
Phosphorus, P	-	605 111		1 1		1 1		169 31	91 17	653
Potassium, K	• • • • • • • • • • • • • • • • • • • •	14		0		4		31 4	2	120 15
Sodium, NaZinc, Zn	-	3.9	n	1		1		1.09	0.59	4.21
Copper, Cu	-	0.0		1		1		0.009	0.005	0.03
Manganese, Mn	_	0.0	32	_		-		0.009	0.003	0.03
Selenium, Se	_	12.5		0	BFNN	4		3.5	1.9	13.5
•	P9	12.5		Ů	21111	•		3.3	1.5	13.3
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0		7		0.0	0.0	0.0
Thiamin	_	0.0		1		1		0.006	0.003	0.02
Riboflavin	_	0.3		1		1		0.104	0.056	0.40
Niacin	_	0.0	90	1		1		0.025	0.014	0.09
Pantothenic acid				_		_				
Vitamin B-6	_	0.0	80	1		1		0.022	0.012	0.08
Folate, total		6		1	_	1		2	1	6
Folic acid		0		0 1	Z	7 1		0 2	0	0
Folate, food		6 6		0	NC	4		2	1 1	6 6
Folate, DFE		15.4		0	NC T	4		4.3	2.3	16.6
Choline, total		13.4		U	1	4		4.3	2.3	10.0
Betaine Vitamin B-12	_	1.6	R	1		1		0.47	0.25	1.81
Vitamin B-12. added		0.0		0	z	7		0.00	0.25	0.00
Vitamin A, RAE		216	J	0	NC	4		61	32	234
Retinol		211		0	BFFN	4		59	32	234
Carotene, beta		69		0	BFFN	4		19	10	75
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		818		0	NC	4		229	123	883
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	, 7		0	0	0
Vitamin E (alpha-tocopherol)		0.3	7	0	BFFN	4		0.10	0.06	0.40
Vitamin E, added		0.0		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	-									
Tocotrienol, beta	-									
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.5		0	AS	1		0.1	0.1	0.5
Vitamin D		20		0	BFFN	4		6	3	22
Vitamin K (phylloquinone)		2.4		0	BFFN	4		0.7	0.4	2.6
Dihydrophylloquinone										
J I J . I										

	<u>Am ount</u>	in 100 grams	Amount in edible portion of common					
		Number					easures of foc	
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std.	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	17.744	0		4		4.968	2.662	19.164
4:0g	1.098	0		4		0.307	0.165	1.186
6:0g	0.489	0		4		0.137	0.073	0.528
8:0g	0.289	0		4		0.081	0.043	0.312
10:0g	0.619	0		4		0.173	0.093	0.669
12:0	0.519	0		4		0.145	0.078	0.561
13:0	0.025	·		-		******	0.070	*****
14:0g	3.054	0		4		0.855	0.458	3.298
15:0g	3.032	·		-		0.055	0.130	31233
16:0g	7.774	0		4		2.177	1.166	8.396
17:0g		·		-		2.1,,	1.100	0.050
18:0g	3.244	0		4		0.908	0.487	3.504
20:0g	******	·		-		0.500	*****	3,331
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	7.256	0		4		2.032	1.088	7.836
14:1g							2,000	
15:1g								
16:1 undifferentiated	0.878	0		4		0.246	0.132	0.948
17:1g	******	·		-		******	*******	0.710
18:1 undifferentiated	6.008	0		4		1.682	0.901	6.489
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
24:1 cg		•		_				
Fatty acids, total polyunsaturated9	0.968	0		4		0.271	0.145	1.045
18:2 undifferentiatedg	0.619	0		4		0.173	0.093	0.669
18:3 undifferentiatedg	0.349	0		4		0.098	0.052	0.377
18:4	0.000	0		4		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0		4		0.000	0.000	0.000
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000	0		4		0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	92	1		1		26	14	99
Phytosterolsmg	-	_				-		
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 28g: 1 slice

Measure 2 = 15.0g: 1 cubic inch Measure 3 = 108g: 1 cup, shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		Amoun	t in 100 gra	ns of ed	ible portio	<u>n</u>	Amount in edible portion of common			
			Num	er			<u>m</u>	easures of fo	od	
			of Da	ta Deriv	Source C	Confidence				
Nutrients and Ur	nits	Mean Std	. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	42.86	1.003	.8	1		12.15	72.86		
Energy	-	340		0 NC			96	578		
Energy		1422			4		403	2417		
Protein (N x 6.38)		24.41	0.820	4	1		6.92	41.50		
Total lipid (fat)	-	25.98		- .5	1		7.37	44.17		
Ash		4.87	0.075		1		1.38	8.28		
Carbohydrate, by difference	-	1.88		0 NC			0.53	3.20		
		0.0		0 110	4		0.0	0.0		
Fiber, total dietary		0.0		U	*		0.0	0.0		
Sugars, total	-									
Minerals:										
Calcium, Ca	ma	700		2	1		198	1190		
Iron, Fe	_	0.23		L	1		0.07	0.39		
Magnesium, Mg	_	13		L	1		4	22		
Phosphorus, P		500		L	1		142	850		
Potassium, K		65		2	1		18	110		
Sodium, Na	_	753		2	1		213	1280		
Zinc, Zn		3.50		L	1		0.99	5.95		
Copper, Cu		0.026)	1		0.007	0.044		
Manganese, Mn	mg	0.013)	1		0.004	0.022		
Selenium, Se		14.5		CAZI	1 4		4.1	24.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0)	1		0.0	0.0		
Thiamin	mg	0.061	0.009	4	1		0.017	0.104		
Riboflavin	mg	0.359	0.017	4	1		0.102	0.610		
Niacin	mg	0.205	0.026	4	1		0.058	0.349		
Pantothenic acid	mg	0.346	0.025	4	1		0.098	0.588		
Vitamin B-6	mg	0.065)	4		0.018	0.111		
Folate, total	µg	20)	4		6	34		
Folic acid	µg	0) z	7		0	0		
Folate, food	µg	20)	4		6	34		
Folate, DFE	µg	20) NC	4		6	34		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	2.10		2	1		0.60	3.57		
Vitamin A, RAE	µg	249) NC	4		71	423		
Retinol	µg	236) NC	4		67	401		
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>JU</u>	1045		L	1		296	1777		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)										
Dihydrophylloquinone	pg									
Menaquinone-4	µg									

	<u>An</u>	nount in 1	00 grams	of edible po	ortion_	Amount in e	edible portion o	of common_
			Number			<u>m</u>	easures of foo	<u>d</u>
					ce Confidence			
Nutrients and Units	Mean	Std. Erro	or Points	Code Cod	le Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated			0	1		4.756	28.518	
4:0	=		1	1		0.249	1.493	
6:0	•		1	1		0.152	0.911	
8:0 10:0			1 1	1		0.108 0.212	0.648 1.272	
12:0	=		1	1		0.212	1.272	
13:0	•	,,,	-	-		0.504	1.024	
14:0	=	08	1	1		0.739	4.434	
15:0	=							
16:0	=	75	1	1		2.176	13.048	
17:0	g							
18:0	g 2.1	.90	1	1		0.621	3.723	
20:0	•							
22:0								
24:0	-							
Fatty acids, total monounsaturated		.36	0	1		2.023	12.131	
14:1	•							
15:1	•		-	-		0 100	1 126	
16:1 undifferentiated	-	68	1	1		0.189	1.136	
17:1	-	72	1	1		1.722	10.324	
20:1	-		0	1		0.000	0.000	
22:1 undifferentiated	=		0	1		0.000	0.000	
24:1 c			· ·	-		0.000	0.000	
Fatty acids, total polyunsaturated		21	0	1		0.204	1.226	
18:2 undifferentiated			1	1		0.113	0.677	
18:3 undifferentiated			1	1		0.092	0.549	
18:4	•	00	0	1		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated		00	0	1		0.000	0.000	
20:5 n-3 (EPA)	g 0.0	00	0	1		0.000	0.000	
21:5	g							
22:4	g							
22:5 n-3 (DPA)	=		0	1		0.000	0.000	
22:6 n-3 (DHA)		00	0	1		0.000	0.000	
Fatty acids, total trans	-							
Cholesterol	•		1	1		29	173	
Phytosterols	mg							
Amino Acids:								
Tryptophan	g 0.3	52	0	1		0.100	0.598	
Threonine	g 0.8	99	0	1		0.255	1.528	
Isoleucine	g 1.4	84	0	1		0.421	2.523	
Leucine	g 2.5	48	0	1		0.722	4.332	
Lysine			0	1		0.578	3.466	
Methionine	=		0	1		0.214	1.282	
Cystine	-		0	4		0.039	0.235	
Phenylalanine			0	1		0.385	2.309	
Tyrosine			0	1		0.413	2.479	
Valine	=		0	1		0.497	2.978	
Arginine			0	1		0.241	1.443	
Histidine	=		0	1		0.200	1.197	
Alanine	•		0	1		0.230	1.379	
Aspartic acid			0	1		0.510	3.057	
Glutamic acid			0	1		1.556	9.333	
Glycine	=		0	1		0.141 0.842	0.845 5.047	
ProlineSerine	•		0	1		0.842	2.368	
Serine	•		U	1		0.393	2.300	
	3							
Others:								
Alcohol, ethyl	=)	0	7		0.0	0.0	
Caffeine	-							
Theobromine	mg							

NDB No. 01041 Cheese, tilsit

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	<u>it in 100 gr</u>	am s	of edi	Amount in 100 grams of edible portion							
			Nun	nber					dible portion easures of fo				
					Deriv	Source C	onfidence						
Nutrients and Uni	ts	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3			
Duorimotos													
Proximates: Water	g	48.70	1.760	6	A	1		57.47					
Energy		310		0	NC	4		366					
Energy		1299		0	NC	4		1533					
Protein		20.38	0.678	6	A	1		24.05					
Total lipid (fat)	g	24.31	1.741	6	A	1		28.69					
Ash	g	4.07	0.235	6	A	1		4.80					
Carbohydrate, by difference	g	2.53		0	NC	4		2.99					
Fiber, total dietary	g												
Sugars, total	g	1.76	0.457	6	A	1		2.08					
Sucrose	g	0.00	0.000	6	A	1		0.00					
Glucose (dextrose)	g	0.00	0.000	6	A	1		0.00					
Fructose	g	0.00	0.000	6	A	1		0.00					
Lactose	g	1.60	0.548	6	A	1		1.89					
Maltose	g	0.00	0.000	6	A	1		0.00					
Galactose	g	0.16	0.104	6	A	1		0.19					
Starch	g												
Minerals:													
Calcium, Ca	mg	690	20.775	6	A	1		814					
Iron, Fe		0.18	0.011	6	A	1		0.21					
Magnesium, Mg		29	1.087	6	A	1		34					
Phosphorus, P	mg	467	11.785	6	A	1		551					
Potassium, K	mg	126	13.541	6	A	1		149					
Sodium, Na		704	67.985	6	A	1		831					
Zinc, Zn		3.06	0.167	6	A	1		3.61					
Copper, Cu		0.025	0.002	6	A	1		0.029					
Manganese, Mn		0.021 13.8	0.004	6 2	A A	1 1		0.025 16.3					
Selenium, Se	pg	13.0		2	A	_		10.3					
<u>Vitamins:</u>													
Vitamin C, total ascorbic acid	-			_		_							
Thiamin	-	0.048	0.004	6	A	1		0.057					
Riboflavin	-	0.230 0.035	0.012	6 6	A A	1 1		0.271					
Niacin	-	0.035	0.005	6	A	1		0.041 0.468					
Pantothenic acid Vitamin B-6	-	0.086	0.020	6	A	1		0.101					
Folate, total	•	0.000	0.003	O	А	-		0.101					
Folate, DFE													
Choline, total		15.4		0	AS	1		18.1					
Betaine		0.9		1	A	1		1.1					
Vitamin B-12		1.75	0.145	6	A	1		2.06					
Vitamin A, RAE	µg	157		0	AS	1		185					
Vitamin A, IU	<u>I</u> U	555		0	AS	1		655					
Lycopene		0		2	A	1		0					
Lutein + zeaxanthin		3		2	A	1		4					
Vitamin E (alpha-tocopherol)		0.47	0.022	6	A	1		0.56					
Tocopherol, beta		0.00	0.000	6	A	1		0.00					
Tocopherol, gamma		0.04	0.003	6	A	1		0.05					
Tocopherol, delta		0.00	0.000	6	A A	1 1		0.00					
Tocotrienol, alpha Tocotrienol, beta		0.01 0.00	0.001 0.001	6 6	A A	1		0.01 0.00					
Tocotrienol, beta Tocotrienol, gamma	-	0.00	0.001	6	A A	1		0.00					
Tocotrienol, delta		0.00	0.001	6	A	1		0.00					
Vitamin D (D2 + D3)		0.7	0.000	0	AS	1		0.8					
Vitamin D2 (ergocalciferol)		•••		-		-							
Vitamin D3 (cholecalciferol)		0.7		1	A	1		0.8					
Vitamin D. (enotectateneror)		27		1	A	1		31					
Vitamin K (phylloquinone)		1.6		2	A	1		1.9					
Dihydrophylloquinone													

	<u>Aı</u>	noun	t in 100 gr	am s	of edil	ble porti	<u>on</u>	Amount in edible portion of common measures of food		
			Num	ber				<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std.	of [Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_									
Menaquinone-4µg	5.	3		2	A	1		6.8		
<u>Lipids:</u>										
Fatty acids, total saturatedg	13.			0	NC	4		16.120		
4:0g 6:0g		518 121	0.037 0.034	6 6	A A	1 1		0.612 0.497		
6:0g 8:0g		±21 250	0.034	6	A	1		0.497		
10:0g		574	0.049	6	A	1		0.677		
12:0g	0.	550	0.057	6	A	1		0.768		
13:0g										
14:0g		L95		6	A	1		2.590		
15:0g 16:0g		226 048	0.019 0.490	6 6	A A	1 1		0.267 7.137		
17:0g		L44	0.430	6	A	1		0.170		
18:0g		567	0.189	6	A	1		3.030		
20:0g	0.	35	0.003	6	A	1		0.041		
22:0g	0.	12	0.001	6	A	1		0.014		
24:0g		800	0.001	6	A	1		0.009		
Fatty acids, total monounsaturatedg		159	0 014	0	NC	4 1		7.622		
14:1g 15:1g		L77 003	0.014	6	A A	1		0.208 0.003		
16:1 undifferentiated		144	0.033	6	AS	1		0.524		
16:1 cg		366	0.028	6	A	1		0.432		
16:1 tg	0.	78	0.005	6	A	1		0.092		
17:1g	0.	149	0.005	6	A	1		0.058		
18:1 undifferentiatedg		741	0.396	6	AS	1		6.774		
18:1 cg		99	0.359	6	A	1		6.017		
18:1 tg 18:1-11 t (18:1t n-7)g	0.	542	0.042	6	A	1		0.757		
20:1g	0)41	0.003	6	A	1		0.048		
22:1 undifferentiated		003	0.000	6	AS	1		0.003		
22:1 cg	0.	003	0.000	6	A	1		0.003		
22:1 tg	0.	000	0.000	6	A	1		0.000		
24:1 cg		003	0.000	6	A	1		0.003		
Fatty acids, total polyunsaturated	1.:		0.055	0	NC	4		1.356		
18:2 undifferentiatedg		922 510	0.057 0.046	6 6	AS A	1 1		1.088 0.720		
18:2 n-6 c,cg 18:2 CLAsg		L42	0.048	6	A	1		0.167		
18:2 t.t				ŭ		_		0.107		
18:2 ig										
18:2 t not further definedg	0.	L70		6	A	1		0.201		
18:3 undifferentiatedg		L13	0.015	6	AS	1		0.134		
18:3 n-3 c,c,c (ALA)g		L05	0.015	6	A	1		0.123		
18:3 n-6 c,c,cg 18:3ig	0.	009	0.001	6	A	1		0.010		
18:4g	0.	006	0.000	6	A	1		0.007		
20:2 n-6 c,cg		007	0.000	6	A	1		0.008		
20:3 undifferentiatedg	0.	28	0.002	6	AS	1		0.033		
20:3 n-3g	0.	002	0.000	6	A	1		0.003		
20:3 n-6g		26	0.002		A	1		0.030		
20:4 undifferentiatedg	0.	36	0.003	6	A	1		0.043		
20:4 n-6g 20:5 n-3 (EPA)g	0	009	0.001	6	A	1		0.010		
20:5 II-5 (EPA)g	5.		0.001	•	-1	-		0.010		
22:4g	0.	800	0.001	6	A	1		0.009		
22:5 n-3 (DPA)g	0.	16	0.002	6	A	1		0.019		
22:6 n-3 (DHA)g		002	0.000	6	A	1		0.003		
Fatty acids, total trans		390		0	NC	4		1.050		
Fatty acids, total trans-monoenoicg		719 L70		0	NC NC	4 4		0.849 0.201		
Fatty acids, total trans-polyenoicg Cholesterolmg	70	_,,	4.516	6	A	1		83		
Phytosterolsmg	_							-		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01229

Cheese, white, queso blanco

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 1

Measure 2

Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup, crumbled

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount	in 100 grams	oi eai	DIE PORTIO	<u>'11</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source (Confidence				
Nutrients and Ur	nits	Mean Std. B	Error Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:										
Water	g	50.06	0	RA	4		7.51			
Energy	kcal	251	0	RA	4		38			
Energy	kJ	1049	0	RA	4		157			
Protein	g	0.69	0	RA	4		0.10			
Total lipid (fat)	g	13.50	0	RA	4		2.02			
Ash	g	0.55	0	RA	4		0.08			
Carbohydrate, by difference	g	35.07	0	RA	4		5.26			
Fiber, total dietary	g	1.1	0	RA	4		0.2			
Sugars, total	g	33.04	0	RA	4		4.96			
Starch	g									
Minerals:										
Calcium, Ca	ma	6	0	RA	4		1			
Iron. Fe	-	0.59	0	RA RA	4		0.09			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	19	0	RA	4		3			
Phosphorus, P	_	28	0	RA	4		4			
Potassium, K		96	0	RA	4		14			
Sodium, Na	-	67	0	0	4		10			
Zinc, Zn	-	0.25	0	RA	4		0.04			
Copper, Cu	mg	0.142	0	RA	4		0.021			
Manganese, Mn	mg	0.142	0	RA	4		0.021			
Selenium, Se	µg	0.7	0	RA	4		0.1			
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0	RA	4		0.0			
Thiamin	-	0.004	0	RA	4		0.001			
Riboflavin		0.024	0	RA	4		0.004			
Niacin	_	0.091	0	RA	4		0.014			
Pantothenic acid	_	0.010	0	RA	4		0.001			
Vitamin B-6	-	0.004	0	RA	4		0.001			
Folate, total	_	1	0	RA	4		0			
Folic acid		0	0	RA	4		0			
Folate, food		1	0	RA	4		0			
Folate, DFE		1	0	NC	4		0			
Choline, total		0.5	0	RA	4		0.1			
Betaine	mg	0.0	0	RA	4		0.0			
Vitamin B-12	µg	0.00	0	RA	4		0.00			
Vitamin B-12, added	µg	0.00	0	RA	4		0.00			
Vitamin A, RAE		0	0	RA	4		0			
Retinol	µg	0	0	RA	4		0			
Carotene, beta	µg	0	0	RA	4		0			
Carotene, alpha	µg	0	0	RA	4		0			
Cryptoxanthin, beta	µg	0	0	RA	4		0			
Vitamin A, IU		0	0	RA	4		0			
Lycopene		0	0	RA	4		0			
Lutein + zeaxanthin		1	0	RA	4		0			
Vitamin E (alpha-tocopherol)		1.58	0	RA	4		0.24			
Vitamin E, added		0.00	0	RA	4		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta		0 0	^	-	-		0.0			
Vitamin D (D2 + D3)		0.0 0	0	Z Z	7 7		0.0 0			
Vitamin D			0	Z RA	4					
Vitamin K (phylloquinone)		3.3	U	KA	+		0.5			
Dihydrophylloquinone	µy									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 2.635 RA 0.395 4:0.....g 0.000 0 RA 4 0.000 6:0.....g 0.000 0 RA 0.000 0 0.000 0.000 RΑ 8:0.....g 4 10:0.....g 0.000 0 RA 4 0.000 0.000 0.000 12:0.....g 0 RA 13:0.....g 0.040 0 0.006 14:0.....g RA 4 1.955 0 4 16·0 a RA 0.293 17:0.....g 0.636 0 4 0.095 18:0.....g RA 20:0.....g 22:0......g 24:0.....g 4.002 0 RA 4 0.600 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.026 0 RA 4 0.004 17:1.....g 3.976 18:1 undifferentiated......g 0 RA 0.596 0.000 20:1.....g 0 RA 4 0.000 22:1 undifferentiated.....g 0.000 0 RA 0.000 24:1 c.....g 0.940 Fatty acids, total polyunsaturated......g 6.269 0 RA 4 5.905 0 0.886 18:2 undifferentiated....... RA 4 0.055 0.364 0 RA 4 18:3 undifferentiated......g 18:4.....g 0.000 0 RΑ 4 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 RA 4 0.000 0.000 20:5 n-3 (EPA)......g 0 4 0.000 RA 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 RΑ 4 0.000 0.000 22:6 n-3 (DHA)......g RA 0.000 Fatty acids, total trans......g 0 Cholesterol....mg 0 RA 0 Phytosterols.....mg 20 0 RA 3 Amino Acids: Tryptophan.....g 0.010 O RΑ 4 0.002 Threonine.....g 0.027 0 RA 0.004 Isoleucine.....g 0.027 0 RA 4 0.004 0.042 RA 0.006 Leucine. 9 Lysine.....g 0.034 0 RΑ 4 0.005 0.007 0 RA 0.001 Methionine.....g Cystine.....g 0.008 0 RA 4 0.001 Phenylalanine.....g 0.033 RA 0.005 ٥ RA Tyrosine.....g 0.026 0.004 0.041 0 RA 0.006 Valine.....g Arginine.....g 0.039 0 RA 4 0.006 0.012 RA 0.002 Alanine....g 0 RA 0.032 0.005 0.068 0 RA 0.010 0.103 0 RΑ 4 Glutamic acid.....g 0.016 Glycine.....g 0.031 0 RA 0.005 0.029 0.004 Proline.....g 0 RΑ 4 0.030 4 0.004 Serine.....g 0 RA Hydroxyproline.....g Others: Alcohol, ethyl.....g 0.0 0 RA 0.0 Caffeine....mg RA

NDB No. 01205 Cream substitute, flavored, liquid

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			Num ber					measures of food				
			of Data Deriv		Source Con	Confidence						
Nutrionts and Un	sito.	Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
Nutrients and Units		Wean	3tu. 🗀 101	Tomics	Oouc		Oouc	weasure i	WedSure 2	Wiedsure		
Proximates:												
Water	g	1.5	2	0	RA	4		0.18				
Energy		482		0	RA	4		58				
Energy	kJ	2018		0	RA	4		242				
Protein (N x 6.38)		0.6	8	0	RA	4		0.08				
Total lipid (fat)	g	21.4	7	0	RA	4		2.58				
Ash	g	0.79	9	0	RA	4		0.09				
Carbohydrate, by difference	g	75.4	2	0	RA	4		9.05				
Fiber, total dietary		1.2		0	RA	4		0.1				
Sugars, total	g	58.0	1	0	RA	4		6.96				
Starch												
	_											
Minerals:						_		_				
Calcium, Ca	_	5	•	0	RA	4		1				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.6	3	0	RA	4		0.08				
Magnesium, Mg		17		0	RA	4		2				
Phosphorus, P		28		0	RA	4		3				
Potassium, K	-	90		0	RA	4		11				
Sodium, Na	_	123	2	0	NR	4 4		15				
Zinc, Zn	_	0.2		0	RA RA	4		0.03 0.016				
Copper, Cu		0.1		0	RA RA	4		0.016				
Selenium, Se	_	1.3	10	0	RA	4		0.2				
,	Р9	1.3		Ū	M	-		0.2				
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	-	0.0		0	RA	4		0.0				
Thiamin	mg	0.0		0	RA	4		0.000				
Riboflavin	mg	0.0		0	RA	4		0.003				
Niacin	_	0.0		0	RA	4		0.010				
Pantothenic acid	-	0.0		0	RA	4		0.001				
Vitamin B-6	_	0.0	04	0	RA	4		0.000				
Folate, total		1		0	RA	4		0				
Folic acid		0		0	RA	4		0				
Folate, food		1		0	RA	4		0				
Folate, DFE		1		0	NC	4		0				
Choline, total	• • • • • • • • • • • • • • • • • • • •	0.5		0	RA	4		0.1				
Betaine		0.0	•	0	RA	4		0.0				
Vitamin B-12		0.0		0	RA	4		0.00				
Vitamin B-12, added		0.0	U	0	RA	4		0.00				
Vitamin A, RAE		0		0	RA	4		0				
Retinol		0		0	RA	_		0 0				
Carotene, beta		0		-	RA	4		0				
Carotene, alpha		0		0	RA	4		-				
Cryptoxanthin, beta		0		0	RA DA	4 4		0				
Vitamin A, IU		0		0	RA RA	4		0				
Lycopene Lutein + zeaxanthin		1		0	RA RA	4		0				
Vitamin E (alpha-tocopherol)		0.4	1	0	RA RA	4		0.05				
Vitamin E (alpha-tocopherol) Vitamin E, added		0.4		0	RA RA	4		0.00				
Tocopherol, beta		0.00	•	U	KA	7		0.00				
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	_											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0		0	z	7		0.0				
Vitamin D		0		0	z	7		0				
Vitamin K (phylloquinone)		9.1		0	RA	4		1.1				
Dihydrophylloquinone				-								
Menaquinone-4												

	Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Erro	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturatedg	19.4	146	0	RA	4		2.334			
4:0g	0.0	000	0	RA	4		0.000			
6:0g	0.0		0	RA	4		0.000			
8:0g	0.9		0	RA	4		0.108			
10:0g	0.9		0	RA	4		0.108			
12:0g 13:0g	7.5	918	U	RA	4		0.902			
14:0g	3.0	125	0	RA	4		0.363			
15:0g	3.0	,23	·		-		0.303			
16:0	2.3	373	0	RA	4		0.285			
17:0g										
18:0g	4.7	742	0	RA	4		0.569			
20:0g										
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	0.6	918	0	RA	4		0.074			
14:1g 15:1g										
16:1 undifferentiatedg	0.0	000	0	RA	4		0.000			
17:1g	• • • • • • • • • • • • • • • • • • • •		·		-					
18:1 undifferentiatedg	0.6	518	0	RA	4		0.074			
20:1g	0.0	000	0	RA	4		0.000			
22:1 undifferentiatedg	0.0	000	0	RA	4		0.000			
24:1 cg										
Fatty acids, total polyunsaturatedg	0.2		0	RA	4		0.027			
18:2 undifferentiated	0.2		0	RA	4		0.027			
18:3 undifferentiated	0.0		0	RA RA	4		0.000			
18:4g 20:2 n-6 c,cg	0.0	J00	U	KA	4		0.000			
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0	000	0	RA	4		0.000			
20:5 n-3 (EPA)g	0.0	000	0	RA	4		0.000			
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0		0	RA	4		0.000			
22:6 n-3 (DHA)	0.0	000	0	RA	4		0.000			
Fatty acids, total trans	0		0	RA	4		0			
Phytosterolsmg	18		0	RA RA	4		2			
Filytosterois	10		Ū	M	-		2			
Amino Acids:										
Tryptophang	0.0		0	RA	4		0.001			
Threonineg	0.0		0	RA	4		0.003			
Isoleucineg	0.0		0	RA DA	4 4		0.003			
Leucine	0.0		0	RA RA	4		0.005 0.004			
Lysineg Methionineg	0.0		0	RA RA	4		0.004			
Cystineg	0.0		0	RA	4		0.001			
Phenylalanineg	0.0		0	RA	4		0.004			
Tyrosineg	0.0	25	0	RA	4		0.003			
Valineg	0.0	040	0	RA	4		0.005			
Arginineg	0.0	38	0	RA	4		0.005			
Histidineg	0.0		0	RA	4		0.001			
Alanineg	0.0		0	RA	4		0.004			
Aspartic acidg	0.0		0	RA	4		0.008			
Glutamic acid	0.1		0	RA	4		0.013			
Glycineg	0.0		0	RA RA	4 4		0.004 0.004			
Proline	0.0		0	RA RA	4		0.004			
Hydroxyprolineg	0.0		U	NA.			0.004			
Others:	_		_		_					
Alcohol, ethyl	0.0)	0	RA	4 4		0.0			
Caffeinemg	3		U	RA	*		0			

NDB No. 01206

Cream substitute, flavored, powdered

Nutrients and Units

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code Mean

Measure 1 Measure 2 Measure 3

92

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 4 tsp

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

		Amo	ount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				m	easures of fo	od	
						Source (Confidence	_			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	86.20		0		1		25.86	208.60		
Energy	-	71		0	NC	4		21	172		
Energy		297		0	NC	4		89	720		
Protein		0.80		0		1		0.24	1.94		
Total lipid (fat)	=	3.50		0		1		1.05	8.47		
Ash	-	0.40		0	NR	4		0.12	0.97		
Carbohydrate, by difference	_	9.10		0	NC	4		2.73	22.02		
Fiber, total dietary		0.0		0		7		0.0	0.0		
Sugars, total		9.10		0	NR	4		2.73	22.02		
Starch		3120		·		-		2070	22.02		
Minerals:											
Calcium, Ca	<u>m</u> g	1		0		1		0	2		
Iron, Fe	-	0.56		0		1		0.17	1.36		
Magnesium, Mg	mg	0		0		1		0	0		
Phosphorus, P	mg	75		0		1		23	182		
Potassium, K	mg	177		0		1		53	428		
Sodium, Na	_	60		0		1		18	145		
Zinc, Zn	mg	0.05		0		1		0.02	0.12		
Copper, Cu		0.00	0	0		1		0.000	0.000		
Manganese, Mn											
Selenium, Se	µg	0.9		0	BFNN	4		0.3	2.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0		
Thiamin	mg	0.00	0	0		1		0.000	0.000		
Riboflavin	mg	0.00	0	0		1		0.000	0.000		
Niacin	mg	0.00	0	0		1		0.000	0.000		
Pantothenic acid	mg										
Vitamin B-6	mg	0.00	0	0		1		0.000	0.000		
Folate, total	µg	0		0		1		0	0		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	0		0		1		0	0		
Folate, DFE	µg	0		0	NC	4		0	0		
Choline, total	<u>m</u> g	0.0		0	BFSN	4		0.0	0.0		
Betaine	-										
Vitamin B-12		0.00		0		1		0.00	0.00		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	0		0	NC	4		0	1		
Retinol		0		0	BFFN	4		0	0		
Carotene, beta		3		0	BFFN	4		1	8		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		5		0	NC	4		2	13		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	-		
Vitamin E (alpha-tocopherol)		0.28		0	BFFN	4		0.09	0.69		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, aipna Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.9		0	BFFN	4		0.3	2.1		
Dihydrophylloquinone				•		-			= ·-		
Menaquinone-4											
171CHaquinone-7	ra										

	<u>Am</u>	ount in 10	00 grams	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common
			Number					easures of foo	•
					Source (Confidence			
Nutrients and Units	Mean	Std. Erroi				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.89	96	0		1		0.269	2.168	
4:0g	0.00		0		4		0.000	0.000	
6:0g	0.00		0		4		0.000	0.000	
8:0g	0.00		0		4		0.000	0.000	
10:0g	0.00		0		4		0.000	0.000	
12:0.	0.00		0		4		0.000	0.000	
13:0g			•		-		0.000		
14:0g	0.03	L8	0		4		0.005	0.044	
15:0g	-		-		_		0.000	***************************************	
16:0g	0.4	55	0		4		0.137	1.101	
17:0			•		_		*****		
18:0g	0.42	24	0		4		0.127	1.026	
20:0g			•		-		*****	20020	
22:0g									
24:0									
Fatty acids, total monounsaturatedg	2.0	30	0		1		0.609	4.913	
14:1g									
15:1g									
16:1 undifferentiated	0.00	00	0		4		0.000	0.000	
17:1g									
18:1 undifferentiated	2.0	30	0		4		0.609	4.913	
20:1g	0.00		0		4		0.000	0.000	
22:1 undifferentiatedg	0.00		0		4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	0.42	20	0		1		0.126	1.016	
18:2 undifferentiated	0.39	99	0		4		0.120	0.966	
18:3 undifferentiated	0.02		0		4		0.006	0.051	
18:4g	0.00	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.00	00	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.00	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.00	00	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.00	00	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0		1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 30.0g: 1 fl oz Measure 2 = 242g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01067 Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

Refuse:0%

		Amou	nt in 100 g	rams	or ear	ole portio	<u>'n</u>	Amount in edible portion of common			
			Nur	nber				measures of food			
						Source (Confidence				
Nutrients and Un	its	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Nati lents and on	11.5	Wear of	и. Бтог					Wedsure 1	Wedsure 2	weasure .	
Proximates:											
Water	g	77.27	1.107	11		1		11.59	23.18	185.45	
Energy		136		0	NC	4		20	41	326	
Energy	kJ	568		0		4		85	170	1362	
Protein (N x 5.71)	g	1.00	0.118	14		1		0.15	0.30	2.40	
Total lipid (fat)	g	9.97	0.276	42		1		1.50	2.99	23.93	
Ash	g	0.38	0.091	6		1		0.06	0.11	0.91	
Carbohydrate, by difference	g	11.38		0	NC	4		1.71	3.41	27.31	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	11.38		0	NR	4		1.71	3.41	27.31	
Starch	g										
Minerals:											
Calcium, Ca	mg	9	2.463	8		1		1	3	22	
Iron, Fe	-	0.03	0.030	5		1		0.00	0.01	0.07	
Magnesium, Mg	-	0	0.333	3		1		0	0	1	
Phosphorus, P	mg	64	13.333	8		1		10	19	154	
Potassium, K	mg	191	39.601	6		1		29	57	457	
Sodium, Na	<u>m</u> g	67		0	0	4		10	20	161	
Zinc, Zn	<u>m</u> g	0.02		1		1		0.00	0.01	0.05	
Copper, Cu	mg	0.000		0		1		0.000	0.000	0.00	
Manganese, Mn		0.000		0		1		0.000	0.000	0.00	
Selenium, Se	µg	1.1		0	BFNN	4		0.2	0.3	2.6	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	0.00	
Riboflavin	mg	0.000		3		1		0.000	0.000	0.00	
Niacin	mg	0.000		0		1		0.000	0.000	0.00	
Pantothenic acid	mg	0.000		0		1		0.000	0.000	0.00	
Vitamin B-6	mg	0.000		0		1		0.000	0.000	0.00	
Folate, total	µg	0		0		1		0	0	0	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	0		0		1		0	0	0	
Folate, DFE		0		0	NC	4		0	0	0	
Choline, total		0.0		0	BFFN	4		0.0	0.0	0.0	
Betaine											
Vitamin B-12		0.00		0		1		0.00	0.00	0.00	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		1		0	NC	4		0	0	2	
Retinol		0		0	Z	7		0	0	0	
Carotene, beta		9		0	NR	4		1	3	22	
Carotene, alpha		0		0	z	7		0	0	0	
Cryptoxanthin, beta		0 15		0	Z NC	7 4		0 2	0	0	
Vitamin A, IU		0		0	NC Z	7		0	5 0	36 0	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.81		0	BFFN	4		0.12	0.24	1.94	
Vitamin E (aipna-tocopheror) Vitamin E, added		0.00		0	Z	7		0.00	0.24	0.00	
Tocopherol, beta		0.00		U	4	,		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0	0.0	
Vitamin D		0		0	z	7		0	0	0	
Vitamin K (phylloquinone)		2.5		0	BFFN	4		0.4	0.7	5.9	
Dihydrophylloquinone											
Menaquinone-4											

	<u> </u>	mou	nt in 10	0 gra	ms	of edik	ole porti	<u>on</u>		dible portion o	
				Num	ber				<u>m</u>	easures of foo	<u>·d</u>
Nutrients and Units	Mean	Sto	d. Error				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	g 1	.937			0		1		0.291	0.581	4.649
4:0	g 0	.000			0		1		0.000	0.000	0.000
6:0	g 0	.000			0		1		0.000	0.000	0.000
8:0	•	.005			7		1		0.001	0.002	0.012
10:0	•	.013			7		1		0.002	0.004	0.031
12:0	_	.062	0.0	033	7		1		0.009	0.019	0.149
13:0 14:0	-	.019	0	006	7		1		0.003	0.006	0.046
15:0	=	. 013	0.	000	,		-		0.003	0.006	0.040
16:0	-	.884	0.:	106	7		1		0.133	0.265	2.122
17:0	=								00200	***************************************	
18:0	-	.976	0.0	056	7		1		0.146	0.293	2.342
20:0	g										
22:0	-										
24:0	-										
Fatty acids, total monounsaturated		.551			0		1		1.133	2.265	18.122
14:1											
15:1		.000			0		1		0.000	0.000	0.000
17:1		.000			U		-		0.000	0.000	0.000
18:1 undifferentiated		.559	0.:	243	7		1		1.134	2.268	18.142
20:1		.000			0		1		0.000	0.000	0.000
22:1 undifferentiated		.000			0		1		0.000	0.000	0.000
24:1 c	g										
Fatty acids, total polyunsaturated	g 0	.027			0		1		0.004	0.008	0.065
18:2 undifferentiated	g 0	.022	0.	800	7		1		0.003	0.007	0.053
18:3 undifferentiated	•	.000			0		1		0.000	0.000	0.000
18:4	-	.000			0		1		0.000	0.000	0.000
20:2 n-6 c,c											
20:3 undifferentiated		000			•						
20:4 undifferentiated		.000			0		1 1		0.000	0.000	0.000
20:5 n-3 (EPA)	_	.000			U		1		0.000	0.000	0.000
22:4	•										
22:5 n-3 (DPA)	•	.000			0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	•	.000			0		1		0.000	0.000	0.000
Fatty acids, total trans											
Cholesterol					0		1		0	0	0
Phytosterols	mg 13				0		4		2	4	31
Amino Acids:											
Tryptophan	n 0	.015			0		1		0.002	0.005	0.036
Threonine	•	.043			0		1		0.006	0.013	0.103
Isoleucine	•	.056			0		1		0.008	0.017	0.134
Leucine	=	.085			0		1		0.013	0.026	0.204
Lysine	•	.068			0		1		0.010	0.020	0.163
Methionine	g 0	.015			0		1		0.002	0.005	0.036
Cystine	g 0	.018			0		1		0.003	0.005	0.043
Phenylalanine	g 0	.055			0		1		0.008	0.017	0.132
Tyrosine	g 0	.037			0		1		0.006	0.011	0.089
Valine	•	.056			0		1		0.008	0.017	0.134
Arginine	•	.080			0		1		0.012	0.024	0.192
Histidine	•	.028			0		1		0.004	0.008	0.067
Alanine	•	.047			0		1		0.007	0.014	0.113
Aspartic acid		.125			0		1		0.019	0.038	0.300
Glutanic acid	•	.201 .047			0		1 1		0.030 0.007	0.060	0.482
Glycine Proline	•	.047			0		1		0.007	0.014 0.018	0.113 0.144
Serine	•	.057			0		1		0.009	0.018	0.144
Hydroxyproline	•				-		-		0.005	0.017	0.137
	~										
Others:	~	^			^		-		0.0		2 2
Alcohol, ethyl Caffeine	•	. 0			0	z	7 7		0.0	0.0	0.0 0
Carrellie	,y 0				J	4	,		U	U	U

NDB No. 01067

Cream substitute, liquid, with hydrogenated vegetable oil and soy protein

	<u>An</u>	nount in 10	0 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 30.0g: 1 fl oz Measure 3 = 240g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am o</u>	unt in 100 gr			ble portion	•	Amount in edible portion of common measures of food			
			Nun	nber				<u>m</u>	easures of for	<u>oa</u>	
			of	Data	Deriv	Source Co	onfidence				
Nutrients and U	nits	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.27	1.107	11		1		11.59	92.72		
Energy	kcal	136		0	NC	4		20	164		
Energy		571				4		86	685		
Protein (N x 6.29)		1.00	0.118	14		1		0.15	1.20		
Total lipid (fat)		9.97	0.276	42		1		1.50	11.96		
Ash		0.38	0.091	6		1		0.06	0.46		
Carbohydrate, by difference	-	11.38		0	NC	4		1.71	13.66		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	ma	9	2.463	8		1		1	11		
Iron, Fe	-	0.03	0.030	5		1		0.00	0.04		
Magnesium, Mg	-	0	0.333	3		1		0	0		
Phosphorus, P		64	13.333	8		1		10	77		
Potassium, K		191	39.601	6		1		29	229		
Sodium, Na	mg	79	17.019	8		1		12	95		
Zinc, Zn	mg	0.02		1		1		0.00	0.02		
Copper, Cu	mg	0.025		0		1		0.004	0.030		
Manganese, Mn	mg	0.040		0		1		0.006	0.048		
Selenium, Se	µg	1.1		0	BFNN	4		0.2	1.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0		
Thiamin	_	0.000		0		1		0.000	0.000		
Riboflavin	-	0.000		3		1		0.000	0.000		
Niacin	_	0.000		0		1		0.000	0.000		
Pantothenic acid		0.000		0		1		0.000	0.000		
Vitamin B-6	-	0.000		0		1		0.000	0.000		
Folate, total	-	0		0		1		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food	µg	0		0		1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.00		0		1		0.00	0.00		
Vitamin A, RAE	µg	4	1.639	5		1		1	5		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta	µg										
Carotene, alpha	µg										
Cryptoxanthin, beta											
Vitamin A, IU		89	32.776	5		1		13	107		
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	Amo	ount in 100 gra	amso	of edible	e porti	<u>on</u>		dible portion	
		Num	nber				<u>m</u> .	easures of foo	<u>oa</u>
		of E	Data I	Deriv S	ource	Confidence			
Nutrients and Units	Mean	Std. Error Poi	ints (Code	Code	Code	Measure 1	Measure 2	Measure 3
	moun	5tu: = 1 0.					moucuro :	modedio 2	mode are c
Fatty acids, total saturatedg	9.30		0		1		1.396	11.165	
4:0g	0.00		0		4		0.000	0.000	
6:0g	0.00		0		4		0.000	0.000	
8:0g	0.34				1		0.052	0.419	
10:0g	0.27		18		1		0.042	0.332	
12:0g	6.61	4 0.318	18		1		0.992	7.937	
13:0g					_				
14:0g	1.00	1 0.092	18		1		0.150	1.201	
15:0g					_				
16:0g	0.43	0.052	18		1		0.065	0.518	
17:0g					_				
18:0g	0.59	7 0.092	18		1		0.090	0.716	
20:0g									
22:0g									
24:0g	0.10	_	•						
Fatty acids, total monounsaturatedg	0.10	•	0		1		0.016	0.127	
14:1g									
15:1	0.00	•	0		4		0.000	0.000	
16:1 undifferentiated	0.00	J	U		4		0.000	0.000	
17:1	0.10	0.036	10		1		0.016	0.127	
20:1	0.10	0.030	10		-		0.016	0.127	
20:1									
24:1 c									
Fatty acids, total polyunsaturatedg	0.00	2	0		1		0.000	0.004	
18:2 undifferentiated	0.00				1		0.000	0.004	
18:3 undifferentiated	0.00		0		4		0.000	0.000	
18:4g	0.00	•	ŭ		-		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiated									
20:4 undifferentiated	0.00)	0		4		0.000	0.000	
20:5 n-3 (EPA)									
21:5g									
22:4g									
22:5 n-3 (DPA)g									
22:6 n-3 (DHA)g									
Fatty acids, total trans9									
Cholesterolm	ıg 0		0		1		0	0	
Phytosterolsm	ıg 9		0		4		1	11	
•									
Amino Acids:	0.01	4	0		1		2 222	0 01=	
Tryptophan	0.01		0		1 1		0.002	0.017	
Threonine	0.04		0		1		0.006	0.050	
Isoleucine	0.06		-				0.009	0.073	
Leucine	0.09		0		1 1		0.015	0.119	
Lysine	0.08		-				0.012	0.096	
Methionine	0.03		0		1 1		0.005 0.001	0.036	
Cystine								0.005	
Phenylalanine	0.05		0		1 1		0.008	0.065	
Tyrosine	0.05		0		1		0.009	0.068	
Valine	0.07		-				0.011	0.086	
Arginine	0.04		0		1 1		0.006	0.048	
Histidine	0.03		0		1		0.005	0.036	
Alanine	0.03		0		1		0.005	0.037	
Aspartic acid	0.07		0		1		0.011	0.085	
Glutamic acid	0.22		0		1		0.034	0.272	
Glycine	0.02		0		1		0.003 0.017	0.024	
Proline	0.11		0		1		0.017	0.136 0.074	
Hydroxyproline	0.00	•	U		_		0.009	0.0/4	
11 1 M OA 1 DI OHHO									

NDB No. 01068

Cream substitute, liquid, with lauric acid oil and sodium caseinate

Common Measures:

Measure 1 = 15.0g: 1 container, individual

Measure 2 = 120g: .5 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	ams	of edi	ble portion	<u>1</u>	Amount in edible portion of common			
			Nur	nber					easures of foo		
						Source C	onfidonco			_	
Nutrients and	Units	Mean Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
								modouro :	mododio 2	modou. o	
Proximates:											
Water	g	2.98	0.073	11	A	1		2.80	0.06	0.09	
Energy	kcal	529		0	NC	4		498	11	16	
Energy	kJ	2215		0	NC	4		2082	44	66	
Protein (N x 6.29)		2.48	0.029	11	A	1		2.33	0.05	0.07	
Total lipid (fat)	g	32.92	0.286	11	A	1		30.94	0.66	0.99	
Ash		2.34	0.088	11	A	1		2.20	0.05	0.07	
Carbohydrate, by difference	q	59.29		0	NC	4		55.73	1.19	1.78	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		7.77	0.214	6	A	1		7.30	0.16	0.23	
•		0.00	0.000	6	A	1		0.00	0.00	0.00	
Sucrose		3.52	0.083	6	A	1		3.31	0.07	0.11	
Glucose (dextrose)		0.57	0.003	6	A	1		0.54	0.01	0.02	
Fructose											
Lactose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Maltose		3.67	0.128	6	A	1		3.45	0.07	0.11	
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	•	2	0.441	11	A	1		2	0	0	
Iron, Fe	mg	0.26	0.026	11	A	1		0.24	0.01	0.01	
Magnesium, Mg	mg	1	0.157		A	1		1	0	0	
Phosphorus, P	mg	288	11.966	11	A	1		270	6	9	
Potassium, K	mg	669	31.864	11	A	1		629	13	20	
Sodium, Na		124	8.494	12	A	1		117	2	4	
Zinc, Zn	mg	0.07	0.006	12	A	1		0.07	0.00	0.00	
Copper, Cu	mg	0.018	0.000	12	A	1		0.017	0.000	0.00	
Manganese, Mn		0.011	0.000	12	A	1 1		0.010	0.000	0.00	
Selenium, Se	µg	0.0	0.000	4	A	1		0.0	0.0	0.0	
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0	0.0	0.0	
Thiamin	=	0.000	0.000	4	А	1		0.000	0.000	0.00	
Riboflavin	_	0.000	0.000	4	A	1		0.000	0.000	0.00	
	=	0.000	0.000	4	A	1		0.000			
Niacin	_	0.000	0.000	4	A	1			0.000	0.00	
Pantothenic acid	•			4	A	1		0.110	0.002 0.000	0.00	
Vitamin B-6	=	0.000	0.000		Α			0.000		0.00	
Folate, total		0		0	_	1		0	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		0		0		1		0	0	0	
Folate, DFE	· -	0		0	NC	4		0	0	0	
Choline, total		2.3	0.233	3	AS	1		2.1	0.0	0.1	
Betaine		0.1	0.012	3	A	1		0.1	0.0	0.0	
Vitamin B-12		0.00		0		1		0.00	0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	0		0	AS	1		0	0	0	
Retinol	µg	0		0	Z	7		0	0	0	
Carotene, beta	µg	0		0	Z	7		0	0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	0	
Lycopene	µg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		1.26	0.123	4	A	1		1.18	0.03	0.04	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.16	0.051	4	A	1		0.15	0.00	0.00	
Tocopherol, gamma		10.29	1.307	4	A	1		9.67	0.21	0.31	
Tocopherol, delta		3.55	0.684	4	A	1		3.34	0.07	0.11	
Tocotrienol, alpha		0.00	0.000	4	A	1		0.00	0.00	0.00	
		0.00	•	4		1					

	<u> </u>	moı	ınt in 100	gra	m s	of edil	ole portion		Amount in e	dible portion o	of common
			N	uml	no r					easures of foo	
						Deriv	Source Confide	ence			_
Nutrients and Units	Mean	St	d. Error				Code Cod		Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	0	.00	0.00		4	A	1		0.00	0.00	0.00
Tocotrienol, delta	0	.00	0.00		4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)		. 0			0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)											
Vitamin D					0	z	7		0	0	0
Vitamin K (phylloquinone)	µg 1	. 7			2	A	1		1.6	0.0	0.1
Dihydrophylloquinone					2	A	1		64.1	1.4	2.0
Menaquinone-4	hā o	. 0			2	A	1		0.0	0.0	0.0
Lipids:											
Fatty acids, total saturated	•	.146			0	NC	4		17.997	0.383	0.574
4:0	•	.006	0.00			A	1		0.006	0.000	0.000
6:0 8:0	•	.094	0.02 0.25			A A	1 1		0.088 1.051	0.002 0.022	0.003 0.034
10:0	•	.879	0.20			A	1		0.826	0.022	0.034
12:0	•	.764	1.55			A	1		6.358	0.135	0.203
13:0	-										
14:0	g 2	.666	0.61	L4 1	L1	A	1		2.506	0.053	0.080
15:0	•	.007	0.00			A	1		0.007	0.000	0.000
16:0	•	.146	0.05			A	1		2.957	0.063	0.094
17:0	-	.020	0.00			A	1 1		0.019	0.000	0.001
18:0 20:0	•	.290 .081	0.09			A A	1		4.033 0.076	0.086 0.002	0.129 0.002
22:0	-	.052	0.01			A	1		0.049	0.002	0.002
24:0	•	.022	0.00			A	1		0.021	0.000	0.001
Fatty acids, total monounsaturated		.796			0	NC	4		9.208	0.196	0.294
14:1	g 0	.000	0.00	00 1	L1	A	1		0.000	0.000	0.000
15:1	•	.000	0.00			A	1		0.000	0.000	0.000
16:1 undifferentiated		.006	0.00			AS	1		0.006	0.000	0.000
16:1 c		.004	0.00			A A	1 1		0.004 0.002	0.000	0.000 0.000
16:1 t 17:1	•	.002	0.00			A	1		0.002	0.000	0.000
18:1 undifferentiated	•	.768	2.40			AS	1		9.182	0.195	0.293
18:1 c	-	. 411	1.06	55 1	L1	A	1		4.147	0.088	0.132
18:1 t		.357	1.33	39 1	L1	A	1		5.035	0.107	0.161
18:1-11 t (18:1t n-7)											
20:1		.019	0.00			A	1 1		0.018	0.000	0.001
22:1 undifferentiated	•	.000	0.00			AS A	1		0.000	0.000	0.000 0.000
22:1 t	•	.000	0.00			A	1		0.000	0.000	0.000
24:1 c	•	.000	0.00			A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	-	.408			0	NC	4		0.384	0.008	0.012
18:2 undifferentiated	g 0	.382	0.08	37 1	L1	AS	1		0.359	0.008	0.011
18:2 n-6 c,c	•	.200	0.04			A	1		0.188	0.004	0.006
18:2 CLAs	•	.003	0.00)1 1	L1	A	1		0.003	0.000	0.000
18:2 t,t 18:2 i											
18:2 t not further defined		.179	0.04	15 1	L1	A	1		0.168	0.004	0.005
18:3 undifferentiated	•	.026	0.00			AS	1		0.024	0.001	0.001
18:3 n-3 c,c,c (ALA)	g 0	.019	0.00)5 1	L1	A	1		0.018	0.000	0.001
18:3 n-6 c,c,c	g 0	.005	0.00	1 1	L1	A	1		0.004	0.000	0.000
18:3i	•	.003	0.00			A	1		0.002	0.000	0.000
18:4	-	.000	0.00			A	1		0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated		.000	0.00			A AS	1 1		0.000	0.000	0.000 0.000
20:3 undifferentiated		.000	0.00			AS	1		0.000 0.000	0.000 0.000	0.000
20:3 n-6	-	.000	0.00			A	1		0.000	0.000	0.000
20:4 undifferentiated	•	.000	0.00			A	1		0.000	0.000	0.000
20:4 n-6	-										
20:5 n-3 (EPA)	•	.000	0.00	00 1	L1	A	1		0.000	0.000	0.000
21:5		000				_	•				2 222
22:4 22:5 n-3 (DPA)		.000	0.00			A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
44.3 II-3 (DPA)	9 0		0.00			A	-		0.000	0.000	0.000

	<u>Am ount</u>	in 100 grams	,	•	_	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Std.	of Data Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
22.6. 2.00(1)	0.000	0 000 11	_			0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000 5.541	0.000 11 0	A NC	1 4		0.000	0.000	0.000
Fatty acids, total trans				4		5.208	0.111	0.166
Fatty acids, total trans-monoenoicg	5.359	0	NC	_		5.037	0.107	0.161
Fatty acids, total trans-polyenoicg	0.182	0	NC	4		0.171	0.004	0.005
Cholesterolmg	0	0		1 4		0	0	0
Phytosterolsmg	32	0		4		30	1	1
Amino Acids:								
Tryptophang	0.066	0	A	1		0.062	0.001	0.002
Threonineg	0.203	0	A	1		0.191	0.004	0.006
Isoleucineg	0.294	0	A	1		0.276	0.006	0.009
Leucineg	0.473	0	A	1		0.445	0.009	0.014
Lysineg	0.385	0	A	1		0.362	0.008	0.012
Methionineg	0.145	0	A	1		0.136	0.003	0.004
Cystineg	0.021	0	A	1		0.020	0.000	0.001
Phenylalanineg	0.257	0	A	1		0.242	0.005	0.008
Tyrosineg	0.274	0	A	1		0.258	0.005	0.008
Valineg	0.343	0	A	1		0.322	0.007	0.010
Arginineg	0.190	0	A	1		0.179	0.004	0.006
Histidineg	0.142	0	A	1		0.133	0.003	0.004
Alanineg	0.150	0	A	1		0.141	0.003	0.005
Aspartic acidg	0.339	0	A	1		0.319	0.007	0.010
Glutamic acidg	1.088	0	A	1		1.023	0.022	0.033
Glycineg	0.096	0	A	1		0.090	0.002	0.003
Prolineg	0.540	0	A	1		0.508	0.011	0.016
Serineg	0.295	0	A	1		0.277	0.006	0.009
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 2.0g: 1 tsp Measure 3 = 3.0g: 1 packet

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edil	ole portion	<u>1</u>	Amount in edible portion of common			
				Number					easures of foo		
						Source C	onfidonoo	_		_	
Nutrients and Un	vite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and on	1113	Wieali	Stu. ETO		0000			Weasure i	Weasure 2	weasure .	
Proximates:											
Water		6.20	ס	0		1		5.83	0.19		
Energy	kcal	431		0		1		405	13		
Energy	kJ	1803		0		1		1695	54		
Protein	g	1.90	ס	0		1		1.79	0.06		
Total lipid (fat)	g	15.70	ס	0		1		14.76	0.47		
Ash	g	2.80	ס	0	NR	4		2.63	0.08		
Carbohydrate, by difference	g	73.40	ס	0	NC	4		69.00	2.20		
Fiber, total dietary	g	0.0		0		7		0.0	0.0		
Sugars, total	g	73.40	ס	0	NR	4		69.00	2.20		
Starch	g										
Minerals:		_		_		_		_	_		
Calcium, Ca	_	1		0		1		1	0		
Iron, Fe		0.03	5	0		1		0.03	0.00		
Magnesium, Mg	-	0 136		0		1 1		0 128	0 4		
Phosphorus, P		902		0		1		128 848	4 27		
Potassium, K	_	229		0		1		215	7		
Zinc. Zn	_	0.0	2	0		1		0.02	0.00		
Copper, Cu		0.0		0		1		0.009	0.000		
Manganese, Mn		0.0.		·		-		0.003	0.000		
Selenium, Se	-	0.8		0	BFNN	4		0.8	0.0		
,				-		_					
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0		1		0.0	0.0		
Thiamin	-	0.00		0		1		0.000	0.000		
Riboflavin	-	0.00		0		1		0.000	0.000		
Niacin	-	0.00	00	0		1		0.000	0.000		
Pantothenic acid	-					_					
Vitamin B-6	-	0.00	30	0 0		1 1		0.000 1	0.000 0		
Folate, total		0		0	z	7		0	0		
Folic acidFolate, food		1		0	4	1		1	0		
Folate, DFE		1		0	NC	4		1	0		
Choline, total		2.3		0	BFZN	4		2.2	0.1		
Betaine		2.3		·	21 211	•		2.2	0.1		
Vitamin B-12		0.00	n	0		1		0.00	0.00		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		1	-	0	NC	4		1	0		
Retinol		0		0	BFFN	4		0	0		
Carotene, beta		9		0	BFFN	4		8	0		
Carotene, alpha		0		0	z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU		15		0	NC	4		14	0		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin	µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.20	5	0	BFFN	4		0.25	0.01		
Vitamin E, added	mg	0.00	ס	0	Z	7		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		3.9		0	BFFN	4		3.7	0.1		
Dihydrophylloquinone											
Menaquinone-4	µg										

	Amount in	100 grams of e	dible portion	Amount in edible portion of common measures of food			
		Number		<u>m</u>	easures of foo	<u>oa</u>	
Nutrients and Units	Mean Std. Er	of Data Deri ror Points Cod	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3	
Nutrients and onits	Mean Stu. L	101 - 0		Weasure	Weasure 2	weasure 5	
Lipids:							
Fatty acids, total saturatedg	3.800	0	1	3.572	0.114		
4:0g	0.000	0	4	0.000	0.000		
6:0g	0.000	0	4	0.000	0.000		
8:0g	0.000	0	4	0.000	0.000		
10:0g	0.000	0	4	0.000	0.000		
12:0g	0.000	0	4	0.000	0.000		
13:0g							
14:0g	0.000	0	4	0.000	0.000		
15:0g							
16:0g	1.115	0	4	1.048	0.033		
17:0g							
18:0g	2.690	0	4	2.529	0.081		
20:0g							
22:0g							
24:0g							
Fatty acids, total monounsaturatedg	11.500	0	1	10.810	0.345		
14:1g							
15:1g							
16:1 undifferentiatedg	0.000	0	4	0.000	0.000		
17:1g							
18:1 undifferentiatedg	11.500	0	4	10.810	0.345		
20:1g	0.000	0	4	0.000	0.000		
22:1 undifferentiatedg	0.000	0	4	0.000	0.000		
24:1 cg							
Fatty acids, total polyunsaturatedg	0.198	0	1	0.186	0.006		
18:2 undifferentiatedg	0.198	0	4	0.186	0.006		
18:3 undifferentiatedg	0.000	0	4	0.000	0.000		
18:4g	0.000	0	4	0.000	0.000		
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	4	0.000	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000	0.000		
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000	0	4	0.000	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000	0.000		
Fatty acids, total transg		_	_	_	_		
Cholesterolmg	0	0	1	0	0		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	7	0.0	0.0		
Caffeinemg	0	0 z	7	0	0		
Theobrominemg	0	0 z	7	0	0		

Common Measures:

Measure 1 = 94g: 1 cup Measure 2 = 3.0g: 1 packet

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	t in 100 gr	ams	of edi	ble portion	•	Amount in edible portion of common			
			Nun	nber	•				easures of foo		
						Source Co	onfidence				
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	81.24	0.063	10	A	1		24.53	12.19	196.60	
Energy		123		0	NC	4		37	18	298	
Energy	kJ	515		0	NC	4		156	77	1246	
Protein (N x 6.38)	g	3.13	0.047	10	A	1		0.94	0.47	7.57	
Total lipid (fat)	g	10.39	0.186	9	A	1		3.14	1.56	25.14	
Ash	g	0.51	0.054	10	A	1		0.15	0.08	1.23	
Carbohydrate, by difference	g	4.73		0	NC	4		1.43	0.71	11.46	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total		4.13	0.044	6	A	1		1.25	0.62	9.99	
Sucrose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	0.00	
Fructose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Lactose	g	4.13	0.044	6	A	1		1.25	0.62	9.99	
Maltose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Starch											
Minerals:											
Calcium, Ca	mg	107	1.502	10	A	1		32	16	259	
Iron, Fe	mg	0.05	0.005	10	A	1		0.01	0.01	0.12	
Magnesium, Mg	mg	10	0.077	10	A	1		3	1	24	
Phosphorus, P	mg	95	3.406	10	A	1		29	14	230	
Potassium, K	mg	132	1.251	10	A	1		40	20	320	
Sodium, Na	mg	61	6.023	10	A	1		19	9	149	
Zinc, Zn	mg	0.39	0.008	10	A	1		0.12	0.06	0.95	
Copper, Cu	mg	0.009	0.000	10	A	1		0.003	0.001	0.02	
Manganese, Mn		0.005	0.000	10	A	1		0.002	0.001	0.01	
Selenium, Se	µg	3.2		1	A	1		1.0	0.5	7.7	
Vitamins:	ma	0.9		0		1		0.3	0.1	2.1	
Vitamin C, total ascorbic acid	_	0.030	0.000	6	A	1		0.009	0.1 0.004	0.07	
Thiamin	_	0.194	0.000	6	A	1		0.059	0.004	0.46	
Riboflavin	=	0.109	0.000	6	A	1		0.033	0.029		
Niacin Pantothenic acid	-	0.539	0.000	4	A	1		0.163	0.016	0.26 1.30	
Vitamin B-6		0.050	0.019	6	A	1		0.163	0.001	0.12	
		3	0.252	3	A	1		1	0.008	6	
Folic acid		0	0.232	0	z	7		0	0	0	
Folate, food		3	0.252			1		1	0	6	
Folate, DFE		3	0.232	0	NC	4		1	0	6	
Choline, total		18.7		0	AS	1		5.6	2.8	45.3	
Betaine	-	0.7		1	A	1		0.2	0.1	1.6	
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.19	0.046	6	A	1		0.06	0.03	0.45	
Vitamin B-12, added		0.00	0.010	0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		97		0	NC	4		29	15	234	
Retinol		95		0	T	4		29	14	230	
Carotene, beta		22		0	BFFN	4		7	3	54	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	z	, 7		0	0	0	
Vitamin A, IU		354		0	NC	4		107	53	856	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	, 7		0	0	0	
Vitamin E (alpha-tocopherol)		0.25	0.001	4	A	1		0.07	0.04	0.59	
Vitamin E, added		0.00	J.001	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocotrienol, alpha		0.00	0.000	4	A	1		0.00	0.00	0.00	
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00	0.00	

	An	nount in 10	0 gran	ns of ed	ble portion	<u>1</u>	Amount in e	edible portion o	of common
			Num b	or				easures of foo	
					Source C	onfidence	_		_
Nutrients and Units	Mean	Std. Error	Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	0.	000 4	A A	1		0.00	0.00	0.00
Tocotrienol, delta	-		000 4		1		0.00	0.00	0.00
Vitamin D (D2 + D3)	-		1		1		0.0	0.0	0.1
Vitamin D2 (ergocalciferol)			1		1 1		0.0	0.0 0.0	0.0 0.1
Vitamin D		•	1		1		1	0.0	5
Vitamin K (phylloquinone)		3	1		1		0.4	0.2	3.1
Dihydrophylloquinone									
Menaquinone-4	ıg								
Lipids:									
Fatty acids, total saturated	7.0	32	c) NC	4		2.124	1.055	17.016
4:0			006 4		1		0.074	0.037	0.597
6:09			002 4		1		0.061	0.030	0.488
8:0	•		001 4 001 4		1 1		0.038	0.019	0.308 0.733
10:0			001 4		1		0.091 0.106	0.045 0.053	0.733
13:0		,51 0.	001 -		-		0.100	0.033	0.030
14:0		.48 0.	004 4	ı A	1		0.347	0.172	2.779
15:09	0.1	.26 0.	004 4	l A	1		0.038	0.019	0.305
16:0			020 4		1		0.969	0.481	7.762
17:09			005 4		1		0.023	0.011	0.185
18:0			068 4 001 4		1 1		0.369	0.183	2.954 0.037
20:0			000 4		1		0.005 0.001	0.002 0.001	0.037
24:0			000 4		1		0.001	0.000	0.011
Fatty acids, total monounsaturated	•		C) NC	4		1.003	0.498	8.034
14:19		.24 0.	003 4	A A	1		0.037	0.019	0.299
15:1Q	0.0	000 0.	000 4	A A	1		0.000	0.000	0.000
16:1 undifferentiated			006 4		1		0.074	0.037	0.595
16:1 c			004 4		1 1		0.062	0.031	0.496
16:1 t			002 4 002 4		1		0.012 0.008	0.006 0.004	0.099 0.061
18:1 undifferentiated	•		205 4		1		0.877	0.436	7.030
18:1 c	•		171 4		1		0.775	0.385	6.209
18:1 t	0.3	39 0.	035 4	A A	1		0.102	0.051	0.820
18:1-11 t (18:1t n-7)Q)								
20:1			001 4		1		0.006	0.003	0.049
22:1 undifferentiated			000 4		1 1		0.000	0.000	0.000
22:1 c			000 4		1		0.000	0.000 0.000	0.000
24:1 c	•		000 4		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	•		C		4		0.167	0.083	1.341
18:2 undifferentiated		66 0.	031 4	AS	1		0.141	0.070	1.127
18:2 n-6 c,c9			021 4	A A	1		0.095	0.047	0.761
18:2 CLAs		069 0.	006 4	A A	1		0.021	0.010	0.167
18:2 t,t									
18:2 i		183 0.	005 4	l A	1		0.025	0.012	0.200
18:3 undifferentiated			001 4		1		0.012	0.012	0.099
18:3 n-3 c,c,c (ALA)	•		001 4	A A	1		0.012	0.006	0.096
18:3 n-6 c,c,cQ	0.0	000 0.	000 4	A A	1		0.000	0.000	0.000
18:3iQ			000 4		1		0.000	0.000	0.003
18:49			000 4		1		0.000	0.000	0.000
20:2 n-6 c,c			000 4		1 1		0.001 0.004	0.000 0.002	0.007 0.034
20:3 undifferentiated			000 4		1		0.004	0.002	0.000
20:3 n-6			000 4		1		0.004	0.002	0.034
20:4 undifferentiated	•		001 4	A A	1		0.006	0.003	0.045
20:4 n-6									
20:5 n-3 (EPA)		0.	000 4	A A	1		0.001	0.000	0.007
21:59		.02 ^	000		4		0 000	2 222	0.005
22:4			000 4		1 1		0.001 0.002	0.000 0.001	0.007 0.015
22.3 II-3 (DFA)	,				_		0.002	0.001	0.013

	<u>Am ou</u>	nt in 100 g Nu	<u>ram s</u> m be r		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Sto	of d.Error P				Confidence Code	Measure 1	Measure 2	Measure 3
Huttients and Onits	Mean St	u. Li 101 ·					Wieasure i	Weasure 2	weasure 3
22:6 n-3 (DHA)g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.464		0	NC	4		0.140	0.070	1.122
Fatty acids, total trans-monoenoicg	0.380		0	NC	4		0.115	0.057	0.919
Fatty acids, total trans-polyenoicg	0.084		0	NC	4		0.025	0.013	0.202
Cholesterolmg	35	0.600	6	A	1		11	5	85
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.073		0	A	1		0.022	0.011	0.176
Threonineg	0.139		0	A	1		0.042	0.021	0.336
Isoleucineg	0.160		0	A	1		0.048	0.024	0.388
Leucineg	0.258		0	A	1		0.078	0.039	0.624
Lysineg	0.136		0	A	1		0.041	0.020	0.330
Methionineg	0.073		0	A	1		0.022	0.011	0.176
Cystineg	0.016		0	A	1		0.005	0.002	0.039
Phenylalanineg	0.143		0	A	1		0.043	0.021	0.345
Tyrosineg	0.147		0	A	1		0.044	0.022	0.356
Valineg	0.187		0	A	1		0.056	0.028	0.451
Arginineg	0.073		0	A	1		0.022	0.011	0.176
Histidineg	0.073		0	A	1		0.022	0.011	0.176
Alanineg	0.100		0	A	1		0.030	0.015	0.241
Aspartic acidg	0.230		0	A	1		0.070	0.035	0.558
Glutamic acidg	0.629		0	A	1		0.190	0.094	1.523
Glycineg	0.073		0	A	1		0.022	0.011	0.176
Prolineg	0.332		0	A	1		0.100	0.050	0.803
Serineg	0.104		0	A	1		0.031	0.016	0.251
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 30.2g: 1 fl oz Measure 2 = 15.0g: 1 tbsp Measure 3 = 242g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amoun	t in 100 gr	ams	or ean	<u>.</u>	Amount in edible portion of common			
			Nun	nber					easures of foo	
						Source Co	onfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
Duration										
Proximates: Water	g	57.81	0.540	7	A	1		69.37	137.58	8.67
Energy		340		0	NC	4		408	809	51
Energy	kJ	1422		0	NC	4		1706	3384	213
Protein (N x 6.38)		2.84	0.238	7	A	1		3.41	6.77	0.43
Total lipid (fat)	g	36.08	0.520	6	A	1		43.29	85.86	5.41
Ash		0.53	0.038	7	A	1		0.64	1.27	0.08
Carbohydrate, by difference	g	2.74		0	NC	4		3.29	6.53	0.41
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		2.92	0.053	6	A	1		3.51	6.96	0.44
Sucrose		0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	6	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose	g	2.92	0.053	6	A	1		3.51	6.96	0.44
Maltose		0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00
Starch				-		_				
Minerals:										
Calcium, Ca	mg	66	0.894	9	A	1		79	156	10
Iron, Fe	mg	0.10	0.029	9	A	1		0.12	0.24	0.02
Magnesium, Mg	mg	7	0.100	9	A	1		8	16	1
Phosphorus, P	mg	58	0.855	9	A	1		70	139	9
Potassium, K	mg	95	1.697	9	A	1		114	226	14
Sodium, Na	mg	27	1.075	9	A	1		32	64	4
Zinc, Zn	mg	0.24	0.005	9	A	1		0.28	0.56	0.04
Copper, Cu	mg	0.011	0.001	9	A	1		0.013	0.026	0.00
Manganese, Mn		0.006	0.000	9	A	1		0.007	0.014	0.00
Selenium, Se	µg	3.0		1	A	1		3.6	7.1	0.5
Vitamins:	ma	0.6		0		1		0.7	1.4	0.1
Vitamin C, total ascorbic acid	_	0.020	0.000	6	A	1		0.024	0.047	0.1
ThiaminRiboflavin	-	0.020	0.007	6	A	1		0.225	0.047	0.00
	• • • • • • • • • • • • • • • • • • • •	0.166	0.007	6	A	1		0.225	0.447	
Niacin Pantothenic acid	-	0.495	0.003	4	A	1		0.594	1.178	0.01 0.07
Vitamin B-6		0.035	0.021	6	A	1		0.042	0.083	0.07
		4	0.002	0	•	1		4	9	1
Folic acid		0		0	z	7		0	0	0
Folate, food		4		0	4	1		4	9	1
Folate, DFE		4		0	NC	4		4	9	1
Choline, total		16.8		0	Т	4		20.2	40.0	2.5
Betaine	_	10.0		U	-	*		20.2	40.0	2.3
Vitamin B-12	_	0.16	0.010	6	A	1		0.19	0.37	0.02
Vitamin B-12, added		0.00	0.020	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		411		0	NC	4		493	978	62
Retinol		405		0	т	4		486	964	61
Carotene, beta		72		0	BFFN	4		86	171	11
Carotene, alpha		0		0	z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		1470		0	NC	4		1764	3498	220
Lycopene		0		0	z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.92	0.080	4	A	1		1.10	2.19	0.14
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.24	0.004	4	A	1		0.29	0.57	0.04
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.09	0.010	4	A	1		0.11	0.22	0.01
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00	0.00

	An	ount	in 100 g	rams	of edik	Amount in edible portion of common				
			Nur	nber				<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std.	of Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	0	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta	=		0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)				1	AS	1		1.9	3.8	0.2
Vitamin D2 (ergocalciferol)				1 1	A A	1 1		0.0 1.9	0.0	0.0 0.2
Vitamin D3 (cholecalciferol)µ Vitamin D				1	A	1		76	3.8 150	9
Vitamin K (phylloquinone)µ				0	BFFN	4		3.8	7.6	0.5
Dihydrophylloquinoneµ										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	23.0	32		0		1		27.638	54.816	3.455
4:0g	0.7		0.017		A	1		0.879	1.743	0.110
6:0g			0.012		A	1		0.731	1.450	0.091
8:0g	0.3		0.006		A	1		0.461	0.914	0.058 0.136
10:0g 12:0g	0.9		0.013		A A	1 1		1.086 1.260	2.155 2.499	0.136
12:0	1.0	50	0.019	0	A	1		1.200	2.499	0.137
14:0	3.3	31	0.098	6	A	1		3.997	7.927	0.500
15:0g	0.3	53	0.014	6	A	1		0.424	0.841	0.053
16:0g	9.2	98	0.387	6	A	1		11.158	22.130	1.395
17:0g	0.2	10	0.008	6	A	1		0.252	0.501	0.032
18:0g	3.5		0.073	6	A	1		4.287	8.502	0.536
20:0g	0.0		0.001	6	A	1		0.056	0.111	0.007
22:0g	0.0		0.001	6 6	A A	1 1		0.018	0.036	0.002
24:0g Fatty acids, total monounsaturatedg	9.1		0.001	0	NC	4		0.011 10.921	0.022 21.660	0.001 1.365
14:1g	0.3		0.018		A	1		0.412	0.818	0.052
15:1g	0.0		0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated	0.6	56	0.038	6	AS	1		0.788	1.562	0.098
16:1 cg	0.5	47	0.032	6	A	1		0.657	1.302	0.082
16:1 tg	0.1	09	0.006	6	A	1		0.131	0.260	0.016
17:1g	0.0		0.003		A	1		0.078	0.154	0.010
18:1 undifferentiated	7.9		0.130		AS	1		9.562	18.965	1.195
18:1 cg 18:1 tg	7.0 0.8		0.131 0.014		A A	1 1		8.493 1.069	16.845 2.120	1.062 0.134
18:1-11 t (18:1t n-7)	0.0	91	0.014	0	A	1		1.069	2.120	0.134
20:1g	0.0	65	0.002	6	A	1		0.078	0.155	0.010
22:1 undifferentiatedg	0.0	03	0.000	6	AS	1		0.003	0.006	0.000
22:1 cg	0.0	03	0.000	6	A	1		0.003	0.006	0.000
22:1 tg	0.0	00	0.000	6	A	1		0.000	0.000	0.000
24:1 cg	0.0		0.000		A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	1.5			0	NC	4		1.884	3.737	0.236
18:2 undifferentiated	1.2		0.024		AS	1 1		1.552	3.079	0.194
18:2 n-6 c,cg 18:2 CLAsg	0.8		0.021 0.005		A A	1		1.049 0.225	2.080 0.447	0.131 0.028
18:2 t,tg	· · ·	00	0.003	·		-		0.225	0.117	0.020
18:2 ig										
18:2 t not further definedg	0.2	32	0.004	6	A	1		0.278	0.552	0.035
18:3 undifferentiated	0.1	28	0.008	6	AS	1		0.153	0.304	0.019
18:3 n-3 c,c,c (ALA)g	0.1		0.007		A	1		0.146	0.290	0.018
18:3 n-6 c,c,cg			0.001		A	1		0.002	0.004	0.000
18:3ig			0.000		A A	1 1		0.005	0.010	0.001
18:4g 20:2 n-6 c,cg	0.0		0.000		A	1		0.000 0.010	0.000 0.020	0.000 0.001
20:2 n-6 c,c9 20:3 undifferentiated	0.0		0.000	6	AS	1		0.049	0.020	0.001
20:3 n-3			0.000	6	A	1		0.002	0.005	0.000
20:3 n-6g	0.0		0.000	6	A	1		0.047	0.093	0.006
20:4 undifferentiatedg	0.0	58	0.001	6	A	1		0.069	0.137	0.009
20:4 n-6g			_	_						
20:5 n-3 (EPA)g	0.0	09	0.001	6	A	1		0.011	0.022	0.001
21:5g 22:4g	0.0	10	0.000	6	A	1		0.012	0.025	0.002
22:5 n-3 (DPA)g	0.0		0.000		A	1		0.012	0.025	0.002
22.5 ii 5 (2111)9	3.0		2.001	-		_		0.021	2.010	2.005

	<u>Am oun</u>		am s		ble portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std.		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
22:6 n-3 (DHA)g	0.000	0.000	6	A	1		0.000	0.000	0.000	
Fatty acids, total transg	1.236		0	NC	4		1.484	2.942	0.185	
Fatty acids, total trans-monoenoicg	1.000		0	NC	4		1.200	2.380	0.150	
Fatty acids, total trans-polyenoicg	0.236		0	NC	4		0.283	0.562	0.035	
Cholesterolmg	113	1.853	6	A	1		135	268	17	
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.066		0	A	1		0.079	0.157	0.010	
Threonineg	0.126		0	A	1		0.151	0.300	0.019	
Isoleucineg	0.146		0	A	1		0.175	0.347	0.022	
Leucineg	0.234		0	A	1		0.281	0.557	0.035	
Lysineg	0.124		0	A	1		0.148	0.294	0.019	
Methionineg	0.066		0	A	1		0.079	0.157	0.010	
Cystineg	0.015		0	A	1		0.018	0.035	0.002	
Phenylalanineg	0.130		0	A	1		0.156	0.309	0.019	
Tyrosineg	0.134		0	A	1		0.161	0.318	0.020	
Valineg	0.170		0	A	1		0.203	0.403	0.025	
Arginineg	0.066		0	A	1		0.079	0.157	0.010	
Histidineg	0.066		0	A	1		0.079	0.157	0.010	
Alanineg	0.091		0	A	1		0.109	0.216	0.014	
Aspartic acidg	0.209		0	A	1		0.251	0.498	0.031	
Glutamic acidg	0.572		0	A	1		0.686	1.361	0.086	
Glycineg	0.066		0	A	1		0.079	0.157	0.010	
Prolineg	0.302		0	A	1		0.362	0.718	0.045	
Serineg	0.094		0	A	1		0.113	0.224	0.014	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	0	
Theobrominemg	0		0	Z	7		0	0	0	

Common Measures:

Measure 1 = 120g: 1 cup, whipped

Measure 2 = 238g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	of edil	ole portioi	<u>n</u>	Amount in edible portion of common			
			Nun	nbei					easures of foo		
						Source C	onfidence				
Nutrients and	Units	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	74.51	0.179	3	A	1		22.35	11.18	178.83	
Energy		191		0	NC	4		57	29	459	
Energy		801		0	NC	4		240	120	1922	
Protein (N x 6.38)		2.96	0.129	3	A	1		0.89	0.44	7.09	
Total lipid (fat)	-	19.10		2	A	1		5.73	2.87	45.85	
Ash		0.61	0.012	3	A	1		0.18	0.09	1.46	
Carbohydrate, by difference	-	2.82		0	NC	4		0.85	0.42	6.76	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		3.67	0.022	3	A	1		1.10	0.55	8.80	
Sucrose		0.00	0.000	3	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0.000	3	A	1		0.00	0.00	0.00	
		0.00	0.000	3	A	1		0.00	0.00	0.00	
Fructose	9	3.67	0.000	3	A	1		1.10	0.55	8.80	
Lactose		0.00	0.022	3	A	1		0.00	0.55	0.00	
Maltose		0.00	0.000	3	A	1		0.00	0.00	0.00	
Galactose		0.00	0.000	3	A	1		0.00	0.00	0.00	
Minerals:											
Calcium, Ca	ma	91	1.186	3	A	1		27	14	218	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.05	0.011	3	A	1		0.01	0.01	0.11	
Magnesium, Mg		9	0.515	3	A	1		3	1	22	
Phosphorus, P		92	5.172	3	A	1		28	14	220	
Potassium, K		136	17.836	3	A	1		41	20	327	
Sodium, Na		72	4.957	3	A	1		22	11	172	
Zinc, Zn		0.32	0.012	3	A	1		0.10	0.05	0.76	
Copper, Cu		0.012	0.003	3	A	1		0.004	0.002	0.02	
Manganese, Mn		0.005	0.000	3	A	1		0.002	0.001	0.01	
Selenium, Se		4.6		1	A	1		1.4	0.7	11.0	
Vitamins:											
Vitamin C, total ascorbic acid	_	0.8		0		1		0.2	0.1	1.8	
Thiamin	mg	0.023	0.003	3	A	1		0.007	0.003	0.05	
Riboflavin	mg	0.190	0.006	3	A	1		0.057	0.028	0.45	
Niacin	-	0.090	0.000	3	A	1		0.027	0.014	0.21	
Pantothenic acid	mg	0.440	0.006	3	A	1		0.132	0.066	1.05	
Vitamin B-6	mg	0.044	0.001	3	A	1		0.013	0.007	0.10	
Folate, total	µg	2	0.116	3		1		1	0	6	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	2	0.116	3		1		1	0	6	
Folate, DFE	µg	2		0	NC	4		1	0	6	
Choline, total	mg	16.8		0	T	4		5.0	2.5	40.3	
Betaine	mg										
Vitamin B-12	µg	0.14	0.017	3	A	1		0.04	0.02	0.34	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	181		0	NC	4		54	27	435	
Retinol	µg	178		0	T	4		53	27	427	
Carotene, beta	µg	37		0	BFFN	4		11	6	90	
Carotene, alpha	µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0	
Vitamin A, IU	JU	656		0	NC	4		197	98	1574	
Lycopene	µg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.12		1	A	1		0.04	0.02	0.28	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00	
Tocotrienol, alpha		0.00		1	A	1		0.00	0.00	0.00	
Tocotrienol, beta		0.00		1	A	1		0.00	0.00	0.00	

	Amount in 1			ole porti	<u>on</u>	<u>Amount in edible portion of comm</u> <u>measures of food</u>				
		Number of Data		Source	Confidence	<u></u>	casares or roc	<u>.u</u>		
Nutrients and Units	Mean Std. Erro	or Points			Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, gammamg	0.00	1	A	1		0.00	0.00	0.00		
Tocotrienol, deltamg	0.00	1	A	1		0.00	0.00	0.00		
Vitamin D (D2 + D3)µg Vitamin D2 (ergocalciferol)µg	1.1 0.0	1 1	AS A	1 1		0.3	0.2 0.0	2.6 0.0		
Vitamin D2 (ergocalciferor)µg Vitamin D3 (cholecalciferor)µg	1.1	1	A	1		0.3	0.2	2.6		
Vitamin D	44	1	A	1		13	7	106		
Vitamin K (phylloquinone)µg	1.7	0	BFFN	4		0.5	0.2	4.0		
Dihydrophylloquinoneµg										
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	10.176	0	NC	4		3.053	1.526	24.423		
4:0g	0.388	2	A	1		0.116	0.058	0.930		
6:0g	0.314 0.194	2 2	A A	1 1		0.094	0.047	0.753		
8:0g 10:0g	0.194	2	A	1		0.058 0.137	0.029 0.068	0.467 1.094		
12:0g	0.526	2	A	1		0.158	0.008	1.262		
13:0g										
14:0g	1.682	2	A	1		0.505	0.252	4.037		
15:0g	0.174	2	A	1		0.052	0.026	0.419		
16:0g	4.585	2	A	1		1.376	0.688	11.005		
17:0g	0.103	2 2	A A	1 1		0.031	0.016	0.248		
18:0g 20:0g	1.719 0.023	2	A	1		0.516 0.007	0.258 0.003	4.127 0.055		
22:0g	0.007	2	A	1		0.002	0.003	0.017		
24:0g	0.004	2	A	1		0.001	0.001	0.010		
Fatty acids, total monounsaturatedg	4.525	0	NC	4		1.358	0.679	10.860		
14:1g	0.175	2	A	1		0.052	0.026	0.419		
15:1g	0.000	2	A	1		0.000	0.000	0.000		
16:1 undifferentiated	0.334 0.280	0 2	AS A	1 1		0.100 0.084	0.050 0.042	0.803 0.673		
16:1 cg 16:1 tg	0.054	2	A	1		0.084	0.042	0.130		
17:1g	0.032	2	A	1		0.010	0.005	0.078		
18:1 undifferentiatedg	3.952	0	AS	1		1.186	0.593	9.484		
18:1 cg	3.509	2	A	1		1.053	0.526	8.421		
18:1 tg	0.443	2	A	1		0.133	0.066	1.063		
18:1-11 t (18:1t n-7)g	0.020	•				0.000	0.005	0.073		
20:1g 22:1 undifferentiatedg	0.030 0.002	2 0	A As	1 1		0.009 0.000	0.005 0.000	0.073 0.004		
22:1 cg	0.002	2	A	1		0.000	0.000	0.004		
22:1 tg	0.000	2	A	1		0.000	0.000	0.000		
24:1 cg	0.000	2	A	1		0.000	0.000	0.000		
Fatty acids, total polyunsaturatedg	0.789	0	NC	4		0.237	0.118	1.895		
18:2 undifferentiatedg	0.654	0	AS	1		0.196	0.098	1.569		
18:2 n-6 c,c	0.433 0.095	2 2	A A	1 1		0.130	0.065	1.038		
18:2 CLAsg 18:2 t,tg	0.095	2	A			0.029	0.014	0.229		
18:2 ig										
18:2 t not further definedg	0.126	2	A	1		0.038	0.019	0.302		
18:3 undifferentiatedg	0.064	0	AS	1		0.019	0.010	0.155		
18:3 n-3 c,c,c (ALA)g	0.062	2	A	1		0.019	0.009	0.150		
18:3 n-6 c,c,c	0.000	2 2	A	1 1		0.000	0.000	0.000		
18:3ig 18:4g	0.002 0.000	2	A A	1		0.001 0.000	0.000	0.005 0.000		
20:2 n-6 c,cg	0.004	2	A	1		0.001	0.000	0.010		
20:3 undifferentiated	0.019	0	AS	1		0.006	0.003	0.045		
20:3 n-3g	0.001	2	A	1		0.000	0.000	0.001		
20:3 n-6g	0.018	2	A	1		0.006	0.003	0.044		
20:4 undifferentiatedg	0.027	2	A	1		0.008	0.004	0.066		
20:4 n-6g	0.005	2	A	1		0 001	0 001	0.010		
20:5 n-3 (EPA)g 21:5g	0.005	4	A	1		0.001	0.001	0.012		
21:3g 22:4g	0.004	2	A	1		0.001	0.001	0.011		
22:5 n-3 (DPA)g	0.010	2	A	1		0.003	0.002	0.025		

	<u>Am ount</u>	in 100	grams	of edi	ble portio	<u>n</u>		dible portion	
		N	umber				<u>m</u>	easures of foo	<u>od</u>
		0	f Data	Deriv	Source (Confidence			
Nutrients and Units	Mean Std.	Error F				Code	Measure 1	Measure 2	Measure 3
	weam ota.	L101 ·					Weasure	Measure 2	Wiedsure 5
22:6 n-3 (DHA)g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total transg	0.625		0	NC	4		0.187	0.094	1.500
Fatty acids, total trans-monoenoicg	0.497		0	NC	4		0.149	0.075	1.193
Fatty acids, total trans-polyenoicg	0.128		0	NC	4		0.038	0.019	0.307
Cholesterolmg	59	0.18	8 3	A	1		18	9	142
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.069		0	A	1		0.021	0.010	0.165
Threonineg	0.131		0	A	1		0.039	0.020	0.315
Isoleucineg	0.151		0	A	1		0.045	0.023	0.363
Leucineg	0.243		0	A	1		0.073	0.037	0.584
Lysineg	0.129		0	A	1		0.039	0.019	0.309
Methionineg	0.069		0	A	1		0.021	0.010	0.165
Cystineg	0.015		0	A	1		0.005	0.002	0.037
Phenylalanineg	0.135		0	A	1		0.040	0.020	0.323
Tyrosineg	0.139		0	A	1		0.042	0.021	0.334
Valineg	0.176		0	A	1		0.053	0.026	0.423
Arginineg	0.069		0	A	1		0.021	0.010	0.165
Histidineg	0.069		0	A	1		0.021	0.010	0.165
Alanineg	0.094		0	A	1		0.028	0.014	0.226
Aspartic acidg	0.218		0	A	1		0.065	0.033	0.522
Glutamic acidg	0.594		0	A	1		0.178	0.089	1.427
Glycineg	0.069		0	A	1		0.021	0.010	0.165
Prolineg	0.313		0	A	1		0.094	0.047	0.752
Serineg	0.098		0	A	1		0.029	0.015	0.235
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 30.0g: 1 fl oz Measure 2 = 15.0g: 1 tbsp Measure 3 = 240g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amo	ount in 100 gi	ams	ot edil	pie portion	A	Amount in edible portion of common			
			Nur	n be r	r			measures of food			
			of	Data	Deriv	Source Confide	nce				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code Code	e M	leasure 1	Measure 2	Measure	
Proximates:											
Water	g	63.50	0.873	9		1		76.20	151.77	9.53	
Energy		292		0	NC	4		351	699	44	
Energy		1223		0	NC	4		1468	2923	183	
Protein (N x 6.38)		2.17	0.046	9		1		2.60	5.19	0.33	
Total lipid (fat)	-	30.91	0.498	8		1		37.09	73.87	4.64	
Ash		0.46	0.028	5		1		0.55	1.10	0.07	
Carbohydrate, by difference		2.96		0	NC	4		3.55	7.07	0.44	
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0	
Sugars, total		2.96		0	NR	4		3.55	7.07	0.44	
Starch		2000		•	-1	-		3133	,,	****	
Starcii	9										
Minerals:											
Calcium, Ca	<u>mg</u>	69	4.267	9		1		83	166	10	
Iron, Fe	-	0.03		0		1		0.04	0.07	0.0	
Magnesium, Mg	mg	7	0.337	6		1		9	17	1	
Phosphorus, P		61	3.359	8		1		73	146	9	
Potassium, K	-	97	7.582	8		1		116	231	15	
Sodium, Na	-	34	2.229	9		1		41	82	5	
Zinc, Zn		0.25		0		1		0.30	0.60	0.0	
Copper, Cu		0.00		0		1		0.008	0.017	0.0	
Manganese, Mn		0.00	L	0		1		0.001	0.002	0.0	
Selenium, Se	µg	0.5		0	BFNN	4		0.6	1.2	0.1	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6		0		1		0.7	1.5	0.1	
Thiamin	-	0.024	0.001	9		1		0.029	0.057	0.0	
Riboflavin	-	0.12	0.008	8		1		0.150	0.299	0.0	
Niacin	-	0.042		0		1		0.050	0.100	0.0	
Pantothenic acid	-	0.25		0		1		0.311	0.619	0.0	
Vitamin B-6	-	0.028				1		0.034	0.067	0.0	
Folate, total	-	4	0.265	3		1		4	9	1	
Folic acid		0		0	z	7		0	0	0	
Folate, food		4	0.265	3		1		4	9	1	
Folate, DFE		4		0	NC	4		4	9	1	
Choline, total		16.8		0	т	4		20.2	40.2	2.5	
Betaine	-									_,,	
Vitamin B-12	-	0.20	0.009	6		1		0.23	0.47	0.0	
Vitamin B-12. added		0.00	01002	0	z	7		0.00	0.00	0.0	
Vitamin A, RAE		279		0	NC	4		335	667	42	
Retinol		274		0	т	4		329	655	41	
Carotene, beta		60		0	BFFN	4		72	143	9	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	0	
Vitamin A, IU		1013		0	NC	4		1216	2422	152	
Lycopene		0		0	z	7		0	0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.88		0	BFFN	4		1.06	2.11	0.1	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.0	
Tocopherol, beta		0.00		٠	_	,		0.00	0.00	0.0	
Tocopherol, gamma											
Tocopherol, delta											
Tocopriciol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.6		0	AS	1		0.7	1.4	0.1	
Vitamin D		23		0	BFFN	4		27	54	3	
Vitamin K (phylloquinone)		2.7		0	BFFN	4		3.2	6.4	0.4	
Dihydrophylloquinone		2.7		ŭ	D. P.N	-		J.2	0.1	0.4	
Menaquinone-4											

	<u>Aı</u>	noun				ble portion		dible portion	
				mber				easures of foo	<u>)a</u>
Nutrients and Units	Mean	Std	of LError Po			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids: Fatty acids, total saturated	.q 19.	337		0		1	23.204	46.215	2.901
4:0	. •	083		1		1	1.300	2.588	0.162
6:0	•	302	0.028	9		1	0.362	0.722	0.045
8:0	•	309	0.024			1	0.371	0.739	0.046
10:0	_	529	0.038			1	0.755	1.503	0.094
12:0 13:0	_	366	0.023	9		1	0.439	0.875	0.055
14:0	-	290	0.191	9		1	3.948	7.863	0.494
15:0	=								
16:0	.g 8.	840	0.338	9		1	10.608	21.128	1.326
17:0									
18:0 20:0	_	370	0.175	9		1	4.044	8.054	0.506
22:0	_								
24:0	-								
Fatty acids, total monounsaturated	.g	093		0		1	10.912	21.732	1.364
15:1 16:1 undifferentiated 17:1	.g 1.	010	0.042	9		1	1.212	2.414	0.152
18:1 undifferentiated		658	0.292	9		1	9.190	18.303	1.149
20:1		000		0		1	0.000	0.000	0.000
22:1 undifferentiated24:1 c	•	000		0		1	0.000	0.000	0.000
Fatty acids, total polyunsaturated		884		0		1	1.061	2.113	0.133
18:2 undifferentiated	-	618	0.050			1	0.742	1.477	0.093
18:3 undifferentiated 18:4	•	266 000	0.015	9		1	0.319 0.000	0.636 0.000	0.040
20:2 n-6 c,c	_	500		U		•	0.000	0.000	0.000
20:3 undifferentiated									
20:4 undifferentiated	_	000		0		1	0.000	0.000	0.000
20:5 n-3 (EPA)	-	000		0		1	0.000	0.000	0.000
21:5 22:4	•								
22:5 n-3 (DPA)	-	000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA)	.0	000		0		1	0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol				0		1	133	265	17
Phytosterols	.mg								
Amino Acids:									
Tryptophan	.0	031		0		1	0.037	0.074	0.005
Threonine		098 131		0		1	0.118 0.157	0.234 0.313	0.015 0.020
Leucine	_	213		0		1	0.256	0.509	0.020
Lysine	•	172		0		1	0.206	0.411	0.026
Methionine		054		0		1	0.065	0.129	0.008
Cystine		020		0		1	0.024	0.048	0.003
Phenylalanine		105		0		1	0.126	0.251	0.016
TyrosineValine	•	105 145		0		1	0.126 0.174	0.251 0.347	0.016 0.022
Arginine	_	079		0		1	0.095	0.189	0.012
Histidine	•	059		0		1	0.071	0.141	0.009
Alanine	=	075		0		1	0.090	0.179	0.011
Aspartic acid	•	165		0		1	0.198	0.394	0.025
Glutamic acid	•	454		0		1 1	0.545	1.085	0.068
GlycineProline		046 210		0		1	0.055 0.252	0.110 0.502	0.007 0.032
Serine	•	118		0		1	0.142	0.302	0.032
Hydroxyproline	•								
Others:									
Alcohol, ethyl	_	0		0	_	7	0.0	0.0	0.0
Caffeine	.mg 0			0	Z	7	0	0	0

NDB No. 01052 Cream, fluid, light whipping

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, whipped

Measure 2 = 239g: 1 cup, fluid (yields 2 cups whipped)

Measure 3 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edil	ole portion		Amount in edible portion of common			
				Number					easures of foo		
						Source Co	nfidence	_		-	
Nutrients and	Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:	2	86.0	0	1	NC	4		24.94	416.24		
Water		59	U	0	NC NC	4		24.94 17	286		
		247		0	NC	4		72	286 1195		
Energy			0	1	LC	8		0.75			
Protein (N x 6.38)		2.6				8			12.58		
Total lipid (fat)	-	1.4		1 1	LC NC	4		0.41 0.29	6.78 4.84		
Ash	-	9.0		1	LC	8		2.61			
Carbohydrate, by difference		0.0	U	1	LC	8		0.0	43.56		
Fiber, total dietary			•	1		8			0.0		
Sugars, total		5.0		0	LC Z	8 7		1.45	24.20		
Starch	g	0.0	U	U	Z	7		0.00	0.00		
Minerals: Calcium, Ca	ma	96		1	LC	8		28	465		
Iron, Fe	-	0.0	n	1	LC	8		28 0.00	0.00		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	16	•	0	BFNN	4		5	78		
Phosphorus, P		151		0	BFNN	4		44	78 732		
Potassium, K	-	206		0	BFNN	4		60	997		
Sodium, Na	_	100		0	0	4		29	484		
Zinc, Zn	_	0.8	1	0	BFNN	4		0.23	3.92		
Copper, Cu		0.0		0	BFNN	4		0.005	0.077		
Manganese, Mn		0.0	02	0	BFNN	4		0.000	0.008		
Selenium, Se	-	2.9		0	BFNN	4		0.8	13.8		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7		1	LC	8		0.2	3.4		
Thiamin	-	0.0	56	0	BFNN	4		0.016	0.269		
Riboflavin	_	0.2		0	BFNN	4		0.010	1.146		
Niacin	-	0.1		0	BFNN	4		0.036	0.600		
Pantothenic acid	-	0.4		0	BFNN	4		0.133	2.222		
Vitamin B-6		0.0		0	BFNN	4		0.018	0.300		
Folate, total	_	4	-	0	NR	4		1	19		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0	BFNN	4		1	19		
Folate, DFE		4		0	NC	4		1	19		
Choline, total		15.0		0	AS	1		4.3	72.4		
Betaine	•	0.7		1	A	1		0.2	3.4		
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.5	2	0	BFNN	4		0.15	2.53		
Vitamin B-12, added		0.0		0	z	7		0.00	0.00		
Vitamin A, RAE		12		0	NC	4		3	57		
Retinol		12		0	BFFN	4		3	56		
Carotene, beta		3		0	BFFN	4		1	13		
Carotene, alpha		0		0	z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU	17	43		0	NC	4		12	209		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.0	4	0	BFFN	4		0.01	0.19		
Vitamin E, added	mg	0.0	0	0	Z	7		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Tocotrienol, alpha	mg										
Tocotrienol, beta	mg										
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)	µg	0.2		0	BFFN	4		0.0	0.8		
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

	<u>Am ount i</u>	n 100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. E	rror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Linida								
<u>Lipids:</u>	0.841	0	NC	4		0.244	4.071	
Fatty acids, total saturatedg	0.045	0	BFFN	4		0.244	0.220	
6:0g	0.043	0	BFFN	4		0.013	0.130	
	0.016	0	BFFN	4		0.008	0.130	
8:0g 10:0g	0.035	0	BFFN	4		0.003	0.170	
12:0g	0.039	0	BFFN	4		0.010	0.170	
13:0	0.033	U	DFFN	-		0.011	0.130	
14:0g	0.141	0	BFFN	4		0.041	0.682	
_	0.111	U	DFFN	-		0.041	0.002	
15:0g 16:0g	0.368	0	BFFN	4		0.107	1.782	
17:0g	0.300	U	DFFN	-		0.107	1.702	
17:0g	0.170	0	BFFN	4		0.049	0.821	
	0.170	U	DFFN	4		0.049	0.021	
20:0g								
22:0g 24:0g								
Fatty acids, total monounsaturatedg	0.384	0	NC	4		0.111	1.857	
•	0.301	U	NC	-		0.111	1.037	
14:1g								
15:1	0.031	0	BFFN	4		0.009	0.152	
-	0.031	U	DFFN	4		0.009	0.132	
17:1	0.352	0	BFFN	4		0.102	1.705	
20:1g	0.000	0	BFFN	4		0.102	0.000	
-	0.000	0	BFFN	4		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	U	DFFN	4		0.000	0.000	
	0.052	0	NC	4		0.015	0.252	
Fatty acids, total polyunsaturatedg	0.032	0	BFFN	4		0.013	0.252	
18:2 undifferentiated	0.020	0	BFFN	4		0.009	0.098	
	0.020	0	BFFN	4		0.006	0.000	
18:4g 20:2 n-6 c,cg	0.000	U	DFFN	4		0.000	0.000	
20:3 undifferentiatedg								
20:4 undifferentiated	0.000	0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)	0.000	0	BFFN	4		0.000	0.000	
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	0.000	U	DFFN	4		0.000	0.000	
21:5g								
22:4g 22:5 n-3 (DPA)g	0.000	0	BFFN	4		0.000	0.000	
. ,	0.000	0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)	0.000	U	DEFN	-		0.000	0.000	
Cholesterolg	5	1	LC	8		1	24	
_	5	Ţ	TC	0		1	24	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	1	LC	8		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 29g: 2 tbsp Measure 2 = 484g: 1 pint

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount	in 100 grams	Amount in edible portion of common					
			Number	measures of food					
					Source	Confidence			
Nutrients and Un	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure
Nutrients and on	1113	Weari Stu.	L 101				Wicasure i	Weasure 2	Measure
Proximates:									
Water	g	87.83	0	NR	4				
Energy		72	0	NC	4				
Energy	kJ	300	0	NC	4				
Protein (N x 6.25)		3.33	0		8				
Total lipid (fat)	g	5.00	0		8				
Ash	g	0.51	0	BFZN	4				
Carbohydrate, by difference	g	3.33	0	NC	4				
Fiber, total dietary		0.0	0		8				
Sugars, total	g	3.33	0		8				
Starch									
Minerals:									
Calcium, Ca	-	133	0		8				
Iron, Fe	•	0.00	0	 -	8				
Magnesium, Mg		10	0	BFZN	4				
Phosphorus, P		95 132	0	BFZN BFZN	4 4				
Potassium, K Sodium, Na	-	50	0	BFZN	8				
Zinc, Zn	-	0.39	0	BFZN	4				
Copper, Cu	-	0.009	0	BFZN	4				
Manganese, Mn		0.005	v	DI ZIN	-				
Selenium, Se	-	3.2	0	BFZN	4				
•									
Vitamins:									
Vitamin C, total ascorbic acid	-	0.0	0		8				
Thiamin		0.030	0	BFZN	4				
Riboflavin	-	0.194	0	BFZN	4				
Niacin	-	0.109	0	BFZN	4				
Pantothenic acid	-		•						
Vitamin B-6	-	0.050 3	0	BFZN BFZN	4 4				
Foliate, total		0	0	BFZN	4				
Folic acid		3	0	BFZN	4				
Folate, food Folate, DFE		3	0	NC NC	4				
Choline, total		18.7	0	BFZN	4				
Betaine		10.7	v	DI ZIN	-				
Vitamin B-12		0.19	0	BFZN	4				
Vitamin B-12, added		0.00	0	BFZN	4				
Vitamin B-12, added		47	0	NC	4				
Retinol		46	0	BFFN	4				
Carotene, beta		11	0	BFFN	4				
Carotene, alpha		0	0	BFFN	4				
Cryptoxanthin, beta		0	0	BFFN	4				
Vitamin A, IU		170	0	NC	4				
Lycopene		0	0	BFFN	4				
Lutein + zeaxanthin		0	0	BFFN	4				
Vitamin E (alpha-tocopherol)		0.12	0	BFFN	4				
Vitamin E, added		0.00	0	z	7				
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Tocotrienol, alpha	mg								
Tocotrienol, beta	-								
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	BFFN	4				
Vitamin D		1	0	BFFN	4				
Vitamin K (phylloquinone)		0.6	0	BFFN	4				
Dihydrophylloquinone	µg								

	<u>Am our</u>	nt in 100 grams	Amount in edible portion of common					
		Num ber	measures of food					
				Source	Confidence			
Nutrients and Units	Mean Std	I. Error Points			Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	3.276	0	NC	4				
4:0g	0.119	0	BFFN	4				
6:0g	0.097	0	BFFN	4				
8:0g	0.061	0	BFFN	4				
10:0g	0.146	0	BFFN	4				
12:0g	0.169	0	BFFN	4				
13:0g								
14:0g	0.553	0	BFFN	4				
15:0g								
16:0g	1.544	0	BFFN	4				
17:0g								
18:0g	0.588	0	BFFN	4				
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	1.526	0	NC	4				
14:1g								
15:1g								
16:1 undifferentiatedg	0.118	0	BFFN	4				
17:1g								
18:1 undifferentiatedg	1.398	0	BFFN	4				
20:1g	0.010	0	BFFN	4				
22:1 undifferentiatedg	0.000	0	BFFN	4				
24:1 cg								
Fatty acids, total polyunsaturated	0.257	0	NC	4				
18:2 undifferentiatedg	0.224	0	BFFN	4				
18:3 undifferentiatedg	0.020	0	BFFN	4				
18:4g	0.000	0	BFFN	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.009	0	BFFN	4				
20:5 n-3 (EPA)g	0.001	0	BFFN	4				
21:5g								
22:4g			_					
22:5 n-3 (DPA)g	0.003	0	BFFN	4				
22:6 n-3 (DHA)g	0.000	0	BFFN	4				
Fatty acids, total transg	0.000	0		8				
Cholesterolmg	17	0		8				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	BFFN	4				
Caffeinemg	0	0	BFFN	4				
	_							

BFFN

Common Measures:

Calories Factors: Protein Fat Carbohydrate

mg

Food Group: 01 Dairy and Egg Products for Standard Reference, Release 28 (2015)

	<u>Am our</u>	t in 100 gr	ams	Amount in edible portion of common						
			Nur	n ber					easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.07	0.455	6	A	1		8.77	168.06	
Energy		198		0	NC	4		24	456	
Energy	kJ	830		0	NC	4		100	1909	
Protein (N x 6.38)		2.44	0.204	10	A	1		0.29	5.62	
Total lipid (fat)	g	19.35	0.152	6	A	1		2.32	44.50	
Ash	g	0.51	0.036	10	A	1		0.06	1.17	
Carbohydrate, by difference	g	4.63		0	NC	4		0.56	10.65	
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total	g	3.41	0.189	4	A	1		0.41	7.84	
Sucrose	g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	4	A	1		0.00	0.00	
Fructose		0.00	0.000	4	A	1		0.00	0.00	
Lactose		3.41	0.189	4	A	1		0.41	7.84	
Maltose		0.00	0.000	4	A	1		0.00	0.00	
Galactose		0.00	0.000	4	A	1		0.00	0.00	
Starch		0.00	0.000	3	A	1		0.00	0.00	
Minerals:										
Calcium, Ca	ma	101	0.921	10	А	1		12	233	
Iron, Fe	•	0.07	0.000	10	A	1		0.01	0.17	
Magnesium, Mg		10	0.065	10	A	1		1	22	
Phosphorus, P		76	0.892		A	1		9	174	
Potassium, K		125	1.876	10	A	1		15	287	
Sodium, Na		31	0.817	10	A	1		4	72	
Zinc, Zn		0.33	0.006	10	A	1		0.04	0.75	
Copper, Cu		0.018	0.000	10	A	1		0.002	0.042	
Manganese, Mn		0.015	0.000	10	A	1		0.002	0.034	
Selenium, Se		3.7	0.055	4	A	1		0.4	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		0		1		0.1	2.0	
Thiamin	-	0.020	0.000	4	A	1		0.002	0.046	
Riboflavin	-	0.168	0.004	4	A	1		0.020	0.386	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.093	0.001	4	A	1		0.011	0.214	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.472	0.026	4	A	1		0.057	1.086	
Vitamin B-6		0.041	0.002	4	A	1		0.005	0.094	
Folate, total		6		2	A	1		1	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		2	A	1		1	15	
Folate, DFE		6		0	NC	4		1	15	
Choline, total		19.2		0	AS	1		2.3	44.2	
Betaine	-	0.6		2	A	1		0.1	1.4	
Vitamin B-12	-	0.21	0.037	4	A	1		0.02	0.48	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	· -	124		0	AS	1		15	284	
Retinol		121	11.370	4	A	1		15	279	
Carotene, beta		25	1.565	4	A	1		3	57	
Carotene, alpha		0	0.062	4	A	1		0	1	
Cryptoxanthin, beta		1	0.077	4	A	1		0	1	
Vitamin A, IU		447		0	AS	1		54	1028	
Lycopene		0	0.000	4	A	1		0	0	
Lutein + zeaxanthin		4	0.527	4	A	1		1	10	
Vitamin E (alpha-tocopherol)		0.38	0.023	4	A	1		0.05	0.87	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma		0.30	0.042	4	A	1		0.04	0.69	
Tocopherol, delta		0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha		0.02	0.016	4	A	1		0.00	0.04	
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00	

	An	Amount in 100 grams of edible portion Amount in edib				edible portion (of common			
			Num k	ne r					easures of foo	
					Deriv	Source Cor	fidence			_
Nutrients and Units	Mean	Std. Error					Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0		000	4	A	1		0.00	0.00	
Tocotrienol, delta	0			4	A	1		0.00	0.00	
Vitamin D (D2 + D3)	0			2	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)			:	2	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol))	:	2	A	1		0.0	0.0	
Vitamin D	.U o			0	Z	7		0	0	
Vitamin K (phylloquinone)	ıg 1.5	i	:	2	A	1		0.2	3.4	
Dihydrophylloquinone	ig 0.0	1	:	2	A	1		0.0	0.0	
Menaquinone-4	ig 6.0)	:	2	A	1		0.7	13.9	
Lipids:										
Fatty acids, total saturated				0	NC	4		1.217	23.322	
4:0				6	A	1		0.004	0.072	
6:0				6	A	1		0.024	0.468	
8:0	=			6	A	1		0.017	0.334	
10:0				6	A	1		0.045	0.870	
12:0	=	47 0.0	013	6	A	1		0.054	1.028	
13:0	=	26 0.0	024	6	A	1		0.195	3.739	
15:0				6	A	1		0.021	0.394	
16:0				6	A	1		0.619	11.855	
17:0	-			6	A	1		0.013	0.249	
18:0	=	32 0.0	058	6	A	1		0.220	4.213	
20:0	9 0.0	27 0.0	001	6	A	1		0.003	0.061	
22:0	g 0.0	11 0.0	000	6	A	1		0.001	0.025	
24:0	g 0.0	0.0	000	6	A	1		0.001	0.014	
Fatty acids, total monounsaturated		94		0	NC	4		0.551	10.566	
14:1	-			6	A	1		0.016	0.308	
15:1				3	A	1		0.000	0.000	
16:1 undifferentiated	=			6	AS	1		0.035	0.676	
16:1 c		194 0.0	010	6	A	1		0.035	0.676	
16:1 t	=	0.7	000	6	A	1		0.001	0.016	
18:1 undifferentiated	•			6	AS	1		0.495	9.496	
18:1 c	•			6	A	1		0.416	7.965	
18:1 t				6	A	1		0.080	1.532	
18:1-11 t (18:1t n-7)		.58 0.0	004	6	A	1		0.019	0.364	
20:1		29 0.0	000	6	A	1		0.003	0.067	
22:1 undifferentiated	0.0	00	(0		1		0.000	0.000	
24:1 c	0.0	0.0	000	6	A	1		0.000	0.002	
Fatty acids, total polyunsaturated			•	0	NC	4		0.096	1.839	
18:2 undifferentiated	-			6	AS	1		0.078	1.491	
18:2 n-6 c,c				6	A	1		0.053	1.006	
18:2 CLAs		0.0	002	6	A	1		0.010	0.186	
18:2 t,t										
18:2 i		30 0 1	000	6	A	1		0.016	0.299	
18:3 undifferentiated	-			6	AS	1		0.016	0.233	
18:3 n-3 c,c,c (ALA)	•			6	A	1		0.008	0.155	
18:3 n-6 c,c,c	•		000		A	1		0.001	0.015	
18:3i	=									
18:4		00		0		1		0.000	0.000	
20:2 n-6 c,c	g 0.0	0.0	000	6	A	1		0.001	0.018	
20:3 undifferentiated				6	AS	1		0.002	0.045	
20:3 n-3	=			6	A	1		0.000	0.002	
20:3 n-6				6	A	1		0.002	0.042	
20:4 undifferentiated	=	25 0.0	001	6	A	1		0.003	0.058	
20:4 n-6	=			_		_				
20:5 n-3 (EPA)		0.0	000	6	A	1		0.001	0.014	
21:5	=	01 0	000	6	7	1		0 000	0 000	
22:4	=			6 6	A A	1		0.000	0.002	
22:5 n-3 (DPA)				6	A	1		0.001 0.000	0.026 0.002	
Fatty acids, total trans				0	NC	4		0.000	1.830	
,,									=,	

	<u>Am oun</u>	t in 100 grams Numbe	r	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std	of Data Error Points.		Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoicg	0.666	0	NC	4		0.080	1.532	
Fatty acids, total trans-polyenoicg	0.130	0	NC	4		0.016	0.299	
Cholesterolmg	59	0.863 6	A	1		7	135	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.042	0	A	1		0.005	0.096	
Threonineg	0.142	0	A	1		0.017	0.326	
Isoleucineg	0.163	0	A	1		0.020	0.376	
Leucineg	0.322	0	A	1		0.039	0.740	
Lysineg	0.275	0	A	1		0.033	0.632	
Methionineg	0.078	0	A	1		0.009	0.180	
Cystineg	0.029	0	A	1		0.004	0.067	
Phenylalanineg	0.157	0	A	1		0.019	0.362	
Tyrosineg	0.152	0	A	1		0.018	0.350	
Valineg	0.195	0	A	1		0.023	0.448	
Arginineg	0.117	0	A	1		0.014	0.268	
Histidineg	0.092	0	A	1		0.011	0.212	
Alanineg	0.116	0	A	1		0.014	0.266	
Aspartic acidg	0.262	0	A	1		0.031	0.603	
Glutamic acidg	0.673	0	A	1		0.081	1.548	
Glycineg	0.076	0	A	1		0.009	0.174	
Prolineg	0.310	0	A	1		0.037	0.712	
Serineg	0.191	0	A	1		0.023	0.438	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 12.0g: 1 tbsp Measure 2 = 230g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edik	ole portion	<u>1</u>	Amount in e	dible portion	of commor
				Number					easures of fo	
						Source C	onfidence			
Nutrients and Uni	ite	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Nathents and on		Wican	ota. E i oi					incasare i	measure 2	weasure
Proximates:										
Water		80.1	4	0		1		12.02	193.94	
Energy	kcal	135		0	NC	4		20	326	
Energy	kJ	563		0	NC	4		84	1362	
Protein (N x 6.38)	g	2.9	4	0		1		0.44	7.11	
Total lipid (fat)	g	12.0	0	0		1		1.80	29.04	
Ash	g	0.6	б	0		1		0.10	1.60	
Carbohydrate, by difference	g	4.2	6	0	NC	4		0.64	10.31	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.1	б	0	BFNN	4		0.02	0.38	
Starch										
Iinerals:_										
Calcium, Ca	<u>m</u> g	104		0		1		16	253	
Iron, Fe	mg	0.0	7	0		1		0.01	0.17	
Magnesium, Mg		10		0		1		2	24	
Phosphorus, P	mg	95		0		1		14	229	
Potassium, K	mg	129		0		1		19	312	
Sodium, Na	_	89		0	0	4		13	215	
Zinc, Zn	mg	0.5	0	0		1		0.08	1.21	
Copper, Cu	mg	0.0	16	0		1		0.002	0.039	
Manganese, Mn	mg	0.0	03	0		1		0.000	0.007	
Selenium, Se	µg	2.1		0	BFNN	4		0.3	5.1	
itamins:										
Vitamin C, total ascorbic acid	_	0.9		0		1		0.1	2.1	
Thiamin	_	0.0		0		1		0.005	0.085	
Riboflavin	mg	0.1		0		1		0.022	0.361	
Niacin	_	0.0		0		1		0.010	0.162	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.3		0		1		0.054	0.878	
Vitamin B-6	_	0.0	16	0		1		0.002	0.039	
Folate, total		11		0		1		2	26	
Folic acid		0		0	Z	7		0	0	
Folate, food		11		0		1		2	26	
Folate, DFE		11		0	NC	4		2	26	
Choline, total	_	19.2		0	T	4		2.9	46.5	
Betaine	_									
Vitamin B-12		0.3		0		1		0.05	0.73	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	102		0	NC	4		15	247	
Retinol	µg	100		0	T	4		15	242	
Carotene, beta		23		0	BFFN	4		3	56	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		372		0	NC	4		56	901	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.3		0	BFFN	4		0.05	0.83	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.2		0	AS	1		0.0	0.5	
Vitamin D		9		0	BFFN	4		1	21	
Vitamin K (phylloquinone)		0.6		0	BFFN	4		0.1	1.4	
Dihydrophylloquinone	µg									

	<u>A</u>	mount in 10	00 grams	of edil	ble portion	Amount in e	dible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Erro	of Data	Deriv	Source Confidence Code Code		Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	g 7.	470	0		1	1.121	18.077	
4:0	•	389	0		1	0.058	0.941	
6:0	•	230	0		1	0.035	0.557	
8:0	-	134 301	0		1 1	0.020	0.324 0.728	
10:0 12:0		337	0		1	0.045 0.051	0.728	
13:0	•		·		-	01002	0.020	
14:0	=	207	0		1	0.181	2.921	
15:0	=							
16:0	•	156	0		1	0.473	7.638	
17:0 18:0	•	454	0		1	0.218	3.519	
20:0	•	131	ŭ		-	0.220	3.313	
22:0	g							
24:0								
Fatty acids, total monounsaturated	-	466	0		1	0.520	8.388	
14:1 15:1								
16:1 undifferentiated	•	269	0		1	0.040	0.651	
17:1	-							
18:1 undifferentiated	-	019	0		1	0.453	7.306	
20:1	•	000	0		1	0.000	0.000	
22:1 undifferentiated		000	0		1	0.000	0.000	
24:1 cFatty acids, total polyunsaturated	=	446	0		1	0.067	1.079	
18:2 undifferentiated	•	271	0		1	0.041	0.656	
18:3 undifferentiated	.0	175	0		1	0.026	0.424	
18:4	g 0.	000	0		1	0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated		000	0		1	0.000	0.000	
20:4 undifferentiated		000	0		1	0.000	0.000	
21:5			·		-	0.000	0.000	
22:4	g							
22:5 n-3 (DPA)	•	000	0		1	0.000	0.000	
22:6 n-3 (DHA)	•	000	0		1	0.000	0.000	
Fatty acids, total trans Cholesterol			0		1	6	93	
Phytosterols	-		Ū		-	· ·	,,,	
•	. 0							
Amino Acids: Tryptophan	α 0	041	0		4	0.006	0.099	
Threonine	.0	133	0		4	0.020	0.099	
Isoleucine		178	0		4	0.027	0.431	
Leucine	.g 0.	288	0		4	0.043	0.697	
Lysine	.0	233	0		4	0.035	0.564	
Methionine	•	074	0		4	0.011	0.179	
Cystine Phenylalanine	•	027 142	0		4	0.004 0.021	0.065 0.344	
Tyrosine	.0	142	0		4	0.021	0.344	
Valine	•	197	0		4	0.030	0.477	
Arginine	g 0.	106	0		4	0.016	0.257	
Histidine	•	080	0		4	0.012	0.194	
Alanine	•	101	0		4 4	0.015	0.244	
Aspartic acidGlutamic acid	•	223 616	0		4	0.033 0.092	0.540 1.491	
Glycine	.0	063	0		4	0.092	0.152	
Proline		285	0		4	0.043	0.690	
Serine		160	0		4	0.024	0.387	
Hydroxyproline	g							
Others:								
Alcohol, ethyl	-	0	0		7	0.0	0.0	
Caffeine	.mg 0		0	Z	7	0	0	

NDB No. 01055 Cream, sour, reduced fat, cultured

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp Measure 2 = 242g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		AIIIC	<u> </u>	grams	or eur	ble portic	<u> </u>	Amount in edible portion of common			
			N	um be	r				easures of fo		
						Source	Confidence	_			
Nutrients and Uni	ito	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Wiedli v	5ta. 🗀 i Oi	. 011113		Oouc	Oouc	Wieasure i	WedSure 2	weasure.	
Proximates:											
Water	g	61.33	1.6	76 3		1		36.80	1.84		
Energy	kcal	257		0	NC	4		154	8		
Energy	kJ	1077		0	NC	4		646	32		
Protein (N x 6.38)	g	3.20	0.45	58 3		1		1.92	0.10		
Total lipid (fat)	g	22.22	1.93	36 3		1		13.33	0.67		
Ash	g	0.76	0.13	34 3		1		0.46	0.02		
Carbohydrate, by difference	g	12.49		0	NC	4		7.49	0.37		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	8.00		0	NR	4		4.80	0.24		
Starch	g										
Minerals:											
Calcium, Ca	ma	101	10.5	36 3		1		61	3		
Iron. Fe	_	0.05	10.5	0		1		0.03	0.00		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	11		0		1		6	0.00		
Phosphorus, P	_	89	15.0			1		54	3		
Potassium, K		147	13.0	0		1		88	4		
Sodium, Na	_	8		0	0	4		5	0		
Zinc, Zn	_	0.37		0		1		0.22	0.01		
Copper, Cu	_	0.010)	0		1		0.006	0.000		
Manganese, Mn		0.001	L	0		1		0.001	0.000		
Selenium, Se		1.4		0	BFNN	4		0.8	0.0		
Vitamina											
<u>Vitamins:</u>	ma	0.0		1		1		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.0	7	0		1		0.022	0.001		
ThiaminRiboflavin	_	0.065		2		1		0.022	0.001		
Niacin	_	0.070		0		1		0.039	0.002		
Pantothenic acid	_	0.30		0		1		0.183	0.002		
Vitamin B-6	_	0.041		0		1		0.025	0.001		
Folate, total	_	3	-	0		4		2	0.001		
Folic acid		0		0	z	7		0	0		
Folate, food		3		0		4		2	0		
Folate, DFE		3		0	NC	4		2	0		
Choline, total		16.8		0	T	4		10.1	0.5		
Betaine	• • • • • • • • • • • • • • • • • • • •										
Vitamin B-12		0.29		0		1		0.18	0.01		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	188		0	NC	4		113	6		
Retinol	µg	184		0	T	4		110	6		
Carotene, beta	µg	43		0	BFFN	4		26	1		
Carotene, alpha	µg	0		0	Z	7		0	0		
Cryptoxanthin, beta	µg	0		0	Z	7		0	0		
Vitamin A, IU	JU	685		0	NC	4		411	21		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.64		0	BFFN	4		0.38	0.02		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta Vitamin D (D2 + D3)		0.4		0	AS	1		0.2	0.0		
		16		0	AS BFFN	4		10	0.0		
Vitamin D Vitamin K (phylloquinone)		1.9		0	BFFN	4		1.2	0.1		
Dihydrophylloquinone		1.9		U	DIFIN	-		1.2	0.1		
Menaquinone-4											

	<u>A</u>	mount in 1	100 gram s	of edil	ble portion	Amount in e	edible portion o	of common
			Number				easures of foo	
					Source Confidence			
Nutrients and Units	Mean	Std Err	or Points		Code Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Wiedii	Stu. Liit	01			Weasure	Weasure 2	Measure 5
Lipids:								
Fatty acids, total saturated	.g 13.	831	0		1	8.299	0.415	
4:0		721	0		1	0.433	0.022	
6:0	.g 0.	427	0		1	0.256	0.013	
8:0	.g 0.	248	0		1	0.149	0.007	
10:0		557	0		1	0.334	0.017	
12:0		624	0		1	0.374	0.019	
13:0	_	235	0		1	1 241	0.067	
14:0 15:0	=	233	U		1	1.341	0.067	
16:0	_	844	0		1	3.506	0.175	
17:0	.0							
18:0	.g 2.	693	0		1	1.616	0.081	
20:0	•							
22:0	.0							
24:0	•	418	0		1	2 051	0 103	
Fatty acids, total monounsaturated		410	U		1	3.851	0.193	
15:1								
16:1 undifferentiated	.0	498	0		1	0.299	0.015	
17:1	.g							
18:1 undifferentiated	.g 5.	590	0		1	3.354	0.168	
20:1	-	000	0		1	0.000	0.000	
22:1 undifferentiated		000	0		1	0.000	0.000	
24:1 c	_	025	0		1	0 405	0.025	
Fatty acids, total polyunsaturated		825 502	0		1	0.495 0.301	0.025 0.015	
18:3 undifferentiated		323	0		1	0.194	0.010	
18:4	•	000	0		1	0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated		000	0		1	0.000	0.000	
20:5 n-3 (EPA)		000	0		1	0.000	0.000	
21:5	_							
22:4 22:5 n-3 (DPA)	_	000	0		1	0.000	0.000	
22:6 n-3 (DHA)	.0	000	0		1	0.000	0.000	
Fatty acids, total trans								
Cholesterol	.mg 76		0		1	46	2	
Phytosterols	.mg							
Amino Acids:								
Tryptophan	.g 0.	045	0		1	0.027	0.001	
Threonine	.g 0.	144	0		1	0.086	0.004	
Isoleucine	.0	194	0		1	0.116	0.006	
Leucine	•	313	0		1	0.188	0.009	
Lysine		254	0		1 1	0.152	0.008	
Methionine Cystine	•	080 030	0		1	0.048 0.018	0.002 0.001	
Phenylalanine	•	154	0		1	0.018	0.001	
Tyrosine	•	154	0		1	0.092	0.005	
Valine		214	0		1	0.128	0.006	
Arginine		116	0		1	0.070	0.003	
Histidine	•	087	0		1	0.052	0.003	
Alanine		110	0		1	0.066	0.003	
Aspartic acid	•	243	0		1	0.146	0.007	
Glutamic acid	•	670 068	0		1 1	0.402 0.041	0.020 0.002	
GlycineProline		310	0		1	0.041	0.002	
Serine	•	174	0		1	0.104	0.005	
Hydroxyproline	•		-				-	
Others:								
Alcohol, ethyl	.g 0.	0	0		7	0.0	0.0	
Caffeine	•	-	0	z	7	0	0	
	_							

Cream, whipped, cream topping, pressurized

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gra	ms of edi	ble portion		Amount in edible portion of common			
			Num	ner				easures of fo		
					Source Cor	ofidanca			_	
Nutrients and Uni	4.0	Mean Std	l. Error Poir			Code	Magaura 1	Magazira 2	Measure	
Nutrients and on	ıts	Mean Sto	i. Error Toll	its oode	- Couc	oouc	Measure 1	Measure 2	weasure	
Proximates:										
Water		1.47	0.914	3	1		0.63	0.02		
Energy	kcal	577		0 NC	4		248	8		
Energy	kJ	2415		0	4		1038	31		
Protein (N x 6.29)	g	4.90	0.314	3	1		2.11	0.06		
Total lipid (fat)	g	39.92	1.073	9	1		17.17	0.52		
Ash	-	1.17	0.384	3	1		0.50	0.02		
Carbohydrate, by difference	g	52.54		0 NC	4		22.59	0.68		
Fiber, total dietary		0.0		0	4		0.0	0.0		
Sugars, total	g	52.54		0 NR	4		22.59	0.68		
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	17	2.633	3	1		7	0		
Iron, Fe		0.03		0	4		0.01	0.00		
Magnesium, Mg		7		0	4		3	0		
Phosphorus, P	-	74	34.968	3	1		32	1		
Potassium, K	•	166	22 506	2	1		71	2 2		
Sodium, NaZinc, Zn	-	122 0.08	33.506	4 0	1 4		52 0.03	0.00		
Copper, Cu		0.08		0	1		0.03	0.002		
Manganese, Mn	-	0.225		0	1		0.031	0.002		
Selenium. Se	-	0.6		O BFNN			0.3	0.003		
Vitamins:					-					
Vitamin C, total ascorbic acid	ma	0.0		0	1		0.0	0.0		
Thiamin	-	0.000		0	1		0.000	0.000		
Riboflavin	_	0.000		2	1		0.000	0.000		
Niacin	-	0.000		0	1		0.000	0.000		
Pantothenic acid	-	0.000		0	1		0.000	0.000		
Vitamin B-6		0.000		0	1		0.000	0.000		
Folate, total	µg	0		0	1		0	0		
Folic acid	µg	0		0 z	7		0	0		
Folate, food	µg	0		0	1		0	0		
Folate, DFE	µg	0		0 NC	4		0	0		
Choline, total	mg	0.1		0 BFFN	4		0.0	0.0		
Betaine	mg									
Vitamin B-12		0.00		0	1		0.00	0.00		
Vitamin B-12, added		0.00		0 Z	7		0.00	0.00		
Vitamin A, RAE		0		0 AS	1		0	0		
Retinol	· -	0		0 Z	7		0	0		
Carotene, beta		0		0 Z	7		0	0		
Carotene, alpha		0		0 Z 0 Z	7		0	0		
Cryptoxanthin, beta Vitamin A, IU		0		0 Z 0 AS	7 1		0	0		
,		0		o as O Z	7		0	0		
Lycopene Lutein + zeaxanthin		0		0 Z	7		0	0		
Vitamin E (alpha-tocopherol)		1.52		0 Z 0 BFFN			0.65	0.02		
Vitamin E, added		0.00		O Z	7		0.00	0.02		
Tocopherol, beta		3.00		_	÷					
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0 NR	4		0.0	0.0		
Vitamin D		0		0 BFFN			0	0		
Vitamin K (phylloquinone)		9.9		0 BFFN	4		4.2	0.1		
Dihydrophylloquinone	µg									

	<u>A</u>	m o u	ınt in 100 gı	rams	of edi	ble portion	Amount in a	edible portion	of common
			NI					easures of foo	_
				n bei		Causa Cantidana		<u> </u>	<u>, u</u>
		•	of d. Error Po			Source Confidenc Code Code	_		
Nutrients and Units	Mean	St	d. Error	JIIILS	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	q 36.	723		0		1	15.791	0.477	
4:0	0	000		0		1	0.000	0.000	
6:0	•	000		0		1	0.000	0.000	
8:0	-	669	0.454	3		1	0.288	0.009	
10:0	g 0.	964	0.341	3		1	0.415	0.013	
12:0	g 14.	507	1.050	3		1	6.238	0.189	
13:0									
14:0	0	746	0.296	3		1	2.471	0.075	
15:0	-	400		_		_			
16:0	-	429	0.268	3		1	2.334	0.071	
17:0 18:0	-	408	0.538	3		1	4.045	0.122	
20:0	0	100	0.550	,		-	4.045	0.122	
22:0									
24:0	g								
Fatty acids, total monounsaturated	g 0.	600		0		1	0.258	0.008	
14:1	g								
15:1									
16:1 undifferentiated	-	000		0		1	0.000	0.000	
17:1	-		0 251	•					
18:1 undifferentiated		600 000	0.351	0		1	0.258	0.008	
20:1		000		0		1	0.000 0.000	0.000 0.000	
24:1 c	-	000		U		1	0.000	0.000	
Fatty acids, total polyunsaturated		447		0		1	0.192	0.006	
18:2 undifferentiated		447	0.105			1	0.192	0.006	
18:3 undifferentiated	-	000		0		1	0.000	0.000	
18:4	g 0.	000		0		1	0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated	0	000		0		1	0.000	0.000	
20:5 n-3 (EPA)	-	000		0		1	0.000	0.000	
21:5									
22:4 22:5 n-3 (DPA)	-	000		0		1	0.000	0.000	
22:5 n-3 (DPA)		000		0		1	0.000	0.000	
Fatty acids, total trans		000		Ŭ		-	0.000	0.000	
Cholesterol	-			0		1	0	0	
Phytosterols	_			0		4	15	0	
A A A									
Amino Acids:	a 0	0.00		•		1	0.000	0 001	
Tryptophan Threonine		068 207		0		1	0.029 0.089	0.001 0.003	
Inreonine	0	301		0		1	0.129	0.003	
Leucine		484		0		1	0.208	0.001	
Lysine	0	394		0		1	0.169	0.005	
Methionine		149		0		1	0.064	0.002	
Cystine	g 0.	021		0		1	0.009	0.000	
Phenylalanine	g 0.	263		0		1	0.113	0.003	
Tyrosine	g 0.	280		0		1	0.120	0.004	
Valine	0	351		0		1	0.151	0.005	
Arginine	0	194		0		1	0.083	0.003	
Histidine	0	145		0		1	0.062	0.002	
Alanine		153		0		1 1	0.066	0.002	
Aspartic acid		347 113		0		1	0.149 0.479	0.005 0.014	
Glutamic acid		098		0		1	0.479	0.014	
Proline		552		0		1	0.237	0.001	
Serine		301		0		1	0.129	0.004	
Hydroxyproline				•		-	0.223	0.004	
	. •								
Others:	-	•		•		-			
Alcohol, ethyl	-	U		0		7 7	0.0	0.0	
Caffeine	mg 0			0	Z	7	0	0	

NDB No. 01070 Dessert topping, powdered

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Amount in edible portion of common

measures of food

Std. Error Points Code Code **Nutrients and Units** Mean

Measure 1

Measure 2

Measure 3

0

Code

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

food, or similar food.

Common Measures:

Measure 1 = 43g: 1.5 oz

Measure 2 = 1.3g: 1 portion, amount to make 1 tbsp

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in 1	00 grams	of edi	ble portion	Amount in edible portion of common			
			Number	r			easures of fo		
					Source Confidence	_			
Nutrients and	Units	Mean Std. Erro				Measure 1	Measure 2	Measure 3	
Proximates: Water	a	65.74	0	RPA	1	52.59	2.63	105.18	
Energy		194	0	RPI	6	155	8	310	
Energy		811	0	RPI	6	649	32	1298	
Protein (N x 6.35)		3.61	0	RPA	1	2.88	0.14	5.77	
Total lipid (fat)		12.72	0	RPI	6	10.18	0.51	20.36	
Ash		0.80	0	RPA		0.64	0.03	1.28	
Carbohydrate, by difference	=	17.13	0	RPI	6	13.71	0.69	27.41	
Fiber, total dietary		0.0	0	RPI	6	0.0	0.0	0.0	
Sugars, total		17.13	0	NR	4	13.71	0.69	27.41	
e .		13.38	0	NR NR	4	10.71	0.54	21.42	
Sucrose		0.00	0	RPA		0.00	0.00	0.00	
Glucose (dextrose)		0.00	0		1				
Fructose	9 C	0.00 3.75	0	RPA RPA	1	0.00 3.00	0.00 0.15	0.00 6.00	
Lactose		0.00	0		1				
Maltose		0.00	0	RPA RPA	1	0.00	0.00	0.00	
Galactose		0.00	U	RPA	1	0.00	0.00	0.00	
Minerals:									
Calcium, Ca	mg	90	0		1	72	4	144	
Iron, Fe	mg	0.04	0		1	0.03	0.00	0.06	
Magnesium, Mg		10	0		1	8	0	15	
Phosphorus, P	mg	86	0		1	69	3	137	
Potassium, K	mg	151	0		1	121	6	241	
Sodium, Na	<u>mg</u>	66	0		1	53	3	105	
Zinc, Zn	mg	0.27	0		1	0.22	0.01	0.43	
Copper, Cu	mg	0.012	0		1	0.010	0.000	0.01	
Manganese, Mn		0.005	0		1	0.004	0.000	0.00	
Selenium, Se	µg	4.8	0	BFNN	4	3.8	0.2	7.7	
Vitamins: Vitamin C, total ascorbic acid	ma	0.7	0		1	0.5	0.0	1.1	
Thiamin	-	0.027	0		1	0.022	0.001	0.04	
Riboflavin	-	0.117	0		1	0.094	0.005	0.18	
Niacin	-	0.060	0		1	0.048	0.002	0.09	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.226	0		1	0.181	0.002	0.36	
Vitamin B-6		0.030	0		1	0.024	0.001	0.04	
Folate, total		4	0		1	3	0	6	
Folic acid		0	0	z	7	0	0	0	
Folate, food		4	0		1	3	0	6	
Folate, DFE		4	0	NC	4	3	0	6	
Choline, total		10.6	0	RPI	6	8.5	0.4	17.0	
Betaine	-	0.5	0	RPA	1	0.4	0.0	0.7	
Vitamin B-12	-	0.26	0		1	0.21	0.01	0.41	
Vitamin B-12, added		0.00	0	RPI	6	0.00	0.00	0.00	
Vitamin A, RAE	· -	34	0	NC	4	27	1	54	
Retinol		34	0	RPI	6	27	1	54	
Carotene, beta		5	0	RPI	6	4	0	8	
Carotene, alpha		0	0	RPI	6	0	0	0	
Cryptoxanthin, beta		0	0	RPI	6	0	0	0	
Vitamin A, IU		120	0	NC	4	96	5	192	
Lycopene		0	0	RPI	6	0	0	0	
Lutein + zeaxanthin		0	0	RPI	6	0	0	0	
Vitamin E (alpha-tocopherol)		0.45	0	RPI	6	0.36	0.02	0.71	
Vitamin E, added		0.00	0	RPI	6	0.00	0.00	0.00	
Tocopherol, beta		0.00	0	RPA	1	0.00	0.00	0.00	
Tocopherol, gamma		0.00	0	RPA	1	0.00	0.00	0.00	
Tocopherol, delta		0.00	0	RPA	1	0.00	0.00	0.00	
Tocotrienol, alpha		0.00	0	RPA	1	0.00	0.00	0.00	
Tocotrienol, beta		0.00	0	RPA	1	0.00	0.00	0.00	

	<u>Ar</u>	noun	t in 10	0 gram s	of edil	ble porti	<u>on</u>	Amount in edible portion of common			
					Number		0	0	m	easures of foo	<u>od</u>
Nutrients and Units	1	Mean	Std	. Error	Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
		•					_				
Tocotrienol, gamma		0.0			0	RPA RPA	1 1		0.00	0.00 0.00	0.00 0.00
Tocotrienol, delta Vitamin D (D2 + D3)	-	0.0			0	RPI	6		0.00	0.00	1.5
Vitamin D2 (ergocalciferol)		0.	•		Ū	Kri	Ū		0.0	0.0	1.5
Vitamin D3 (cholecalciferol)		0.9	9		0	RPI	6		0.8	0.0	1.5
Vitamin D		38			0	RPI	6		30	2	61
Vitamin K (phylloquinone)	µg	2.	7		0	RPI	6		2.2	0.1	4.4
Dihydrophylloquinone	µg	0.0)		0	RPA	1		0.0	0.0	0.0
Menaquinone-4	µg										
Lipids:											
Fatty acids, total saturated		10.6			0		1		8.547	0.427	17.094
4:0	-		077		0		1		0.062	0.003	0.123
6:0			046		0		1		0.037	0.002	0.074
8:0			L94		0		1		0.155	0.008	0.310
10:0			302		0		1		0.242	0.012	0.483
12:0	-	3.	704		0		1		2.963	0.148	5.926
13:0 14:0	-	1.6	582		0		1		1.346	0.067	2.691
15:0	-										
16:0		1.9	993		0		1		1.594	0.080	3.189
17:0	-	2.0	. E O		0		1		2 120	0 100	4.240
18:0 20:0		2.0	550		U		1		2.120	0.106	4.240
22:0	-										
24:0	-										
Fatty acids, total monounsaturated		0.8	343		0		1		0.674	0.034	1.349
14:1									0107.1	0.001	
15:1	-										
16:1 undifferentiated		0.0	053		0		1		0.042	0.002	0.085
17:1	g										
18:1 undifferentiated	g	0.7	754		0		1		0.603	0.030	1.206
20:1	g		000		0		1		0.000	0.000	0.000
22:1 undifferentiated	-	0.0	000		0		1		0.000	0.000	0.000
24:1 c	-						_				
Fatty acids, total polyunsaturated			201 L66		0		1 1		0.161	0.008	0.322
18:2 undifferentiated	-		34		0		1		0.133 0.027	0.007 0.001	0.266 0.054
18:4			000		0		1		0.027	0.001	0.000
20:2 n-6 c,c	-	0.0	000		U		_		0.000	0.000	0.000
20:3 undifferentiated											
20:4 undifferentiated		0.0	000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)		0.0	000		0		1		0.000	0.000	0.000
21:5											
22:4	g										
22:5 n-3 (DPA)	g	0.0	000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.0	000		0		1		0.000	0.000	0.000
Fatty acids, total trans											
Cholesterol		10			0		1		8	0	16
Phytosterols	mg	0			1		1		0	0	0
Amino Acids:											
Tryptophan	-		072		0	RPA	1		0.057	0.003	0.115
Threonine			L57		0	RPA	1		0.126	0.006	0.252
Isoleucine			L98		0	RPA	1		0.158	0.008	0.316
Leucine	-		318		0	RPA	1		0.254	0.013	0.508
Lysine	-		204		0	RPA	1		0.163	0.008	0.326
Methionine	-		093 018		0	RPA RPA	1 1		0.074 0.014	0.004	0.148 0.028
CystinePhenylalanine			175		0	RPA	1		0.014	0.001 0.007	0.028
Tyrosine			L75 L82		0	RPA	1		0.140	0.007	0.279
Valine			230		0	RPA	1		0.146	0.009	0.292
Arginine	-		L04		0	RPA	1		0.084	0.009	0.167
Histidine			92		0	RPA	1		0.073	0.004	0.147
Alanine			114		0	RPA	1		0.091	0.005	0.183
	-										

	Amount in	100 grams	of edi	ble portion	Amount in e	Amount in edible portion of common			
		Number	•		<u>m</u>	easures of foo	<u>od</u>		
Nutrients and Units	Mean Std. Er	of Data or Points		Source Confide Code Code		Measure 2	Measure 3		
Aspartic acidg	0.262	0	RPA	1	0.210	0.010	0.419		
Glutamic acidg	0.758	0	RPA	1	0.606	0.030	1.213		
Glycineg	0.080	0	RPA	1	0.064	0.003	0.127		
Prolineg	0.391	0	RPA	1	0.313	0.016	0.625		
Serineg	0.155	0	RPA	1	0.124	0.006	0.248		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	RPI	6	0.0	0.0	0.0		
Caffeinemg	0	0	RPI	6	0	0	0		
Theobrominemg	0	0	RPI	6	0	0	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup Measure 2 = 4.0g: 1 tbsp

Measure 3 = 160g: 1 package yields

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	nt in 100 gr	am s	of edil	ble portion		Amount in edible portion of common			
			Num	ber					easures of foo		
						Source Co	nfidanca				
Nutrients and Un	its	Mean Std	l. Error Po				Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		60.37	0.437	3		1		42.26	2.41		
Energy		264		0	NC	4		184	11		
Energy		1103		0		4		772	44		
Protein (N x 6.29)		0.98	0.669	4		1		0.69	0.04		
Total lipid (fat)	-	22.30		13		1		15.61	0.89		
Ash	-	0.28	0.080	3		1		0.20	0.01		
Carbohydrate, by difference		16.07		0	NC	4		11.25	0.64		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		16.07		0	NR	4		11.25	0.64		
Starch	g										
Minerals:											
Calcium, Ca	-	5	1.627	5		1		4	0		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.02		2		1		0.01	0.00		
Magnesium, Mg		1		1		1		1	0		
Phosphorus, P		18	7.637	4		1		13	1		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	19	13.518	3		1		13	1 2		
Sodium, Na	-	62 0.01	14.442	5 1		1 1		43 0.01	0.00		
Zinc, Zn		0.01		0		1		0.01	0.00		
Copper, Cu		0.024		0		1		0.017	0.001		
Selenium. Se	-	1.5		0	BFNN	4		1.1	0.002		
,		1.3		·	21111	-			0.1		
Vitamins:	ma	0.0		0		1		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin	-	0.000		1		1		0.000	0.000		
Riboflavin	-	0.000		3		1		0.000	0.000		
Niacin	-	0.000		1		1		0.000	0.000		
Pantothenic acid	-	0.000		0		1		0.000	0.000		
Vitamin B-6	•	0.000		0		1		0.000	0.000		
Folate, total	-	0		0		1		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0		1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		0.0		0	BFFN	4		0.0	0.0		
Betaine	mg										
Vitamin B-12	µg	0.00		0		1		0.00	0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	4		0	NC	4		3	0		
Retinol	µg	0		0	Z	7		0	0		
Carotene, beta	µg	47		0	NR	4		33	2		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		78		0	NC	4		55	3		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.85		0	BFFN	4		0.59	0.03		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
Vitamin K (phylloquinone)		5.5		0	BFFN	4		3.9	0.2		
Dihydrophylloquinone		J.J		J	DI PIN	-		3.5	U.Z		
Menaquinone-4											

	<u>Aı</u>	nou	nt in 100	gram	s of edi	ble porti	<u>on</u>	Amount in e	edible portion	of common
			NI.						easures of foo	
				um be		Source	Confidence	<u></u>		
Nutrients and Units	Mean	C4	d. Error l				Confidence	Measure 1	Measure 2	Measure 3
Nutrients and Onits	Wean	31	u. Error i	Omit.	, ooue	Oode	oode	weasure 1	weasure 2	measure 3
<u>Lipids:</u>	- 10			_		_				
Fatty acids, total saturated		912 000		0		1 1		13.238	0.756 0.000	
4:0		000		0		1		0.000	0.000	
8:0		449	0.03			1		0.314	0.018	
10:0	_	642	0.06			1		0.449	0.026	
12:0	-	014	1.07	6 3		1		5.610	0.321	
13:0	g									
14:0	g 3.	246	0.43	1 3		1		2.272	0.130	
15:0	-									
16:0	5	408	0.20	1 3		1		1.686	0.096	
17:0	_									
18:0	-	166	0.68	0 3		1		2.916	0.167	
20:0 22:0										
24:0	-									
Fatty acids, total monounsaturated	-	927		0		1		1.349	0.077	
14:1	0			·		-		1.545	0.077	
15:1										
16:1 undifferentiated		000		0		1		0.000	0.000	
17:1	g									
18:1 undifferentiated	g 1.	929	1.45	7 3		1		1.350	0.077	
20:1	g 0.	000		0		1		0.000	0.000	
22:1 undifferentiated	g 0.	000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	0	241		0		1		0.169	0.010	
18:2 undifferentiated	-	241	0.19			1		0.169	0.010	
18:3 undifferentiated	0	000		0		1		0.000	0.000	
18:4		000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		000		0		1		0.000	0.000	
20:4 undifferentiated 20:5 n-3 (EPA)		000		0		1		0.000	0.000	
20:5 II-5 (EPA)	-	000		U		_		0.000	0.000	
22:4	-									
22:5 n-3 (DPA)		000		0		1		0.000	0.000	
22:6 n-3 (DHA)	0	000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol				1		1		0	0	
Phytosterols	mg 20			0		4		14	1	
A										
Amino Acids:	α 0	014		0		1		0.010	0 001	
Tryptophan Threonine	0	041		0		1		0.010	0.001 0.002	
Isoleucine		060		0		1		0.042	0.002	
Leucine		097		0		1		0.042	0.002	
Lysine.	0	079		0		1		0.055	0.004	
Methionine		030		0		1		0.021	0.001	
Cystine		004		0		1		0.003	0.000	
Phenylalanine	0	053		0		1		0.037	0.002	
Tyrosine		056		0		1		0.039	0.002	
Valine		070		0		1		0.049	0.003	
Arginine	g 0.	039		0		1		0.027	0.002	
Histidine	g 0.	029		0		1		0.020	0.001	
Alanine	g 0.	031		0		1		0.022	0.001	
Aspartic acid	0	069		0		1		0.048	0.003	
Glutamic acid		223		0		1		0.156	0.009	
Glycine		020		0		1		0.014	0.001	
Proline		110		0		1		0.077	0.004	
Serine		060		0		1		0.042	0.002	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0.	0		0		7		0.0	0.0	
Caffeine	-			0	Z	7		0	0	

NDB No. 01072 Dessert topping, pressurized

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100 g	ram s	of edil	ble portion	<u>1</u>	Amount in edible portion of common			
			Nin	nber	•				easures of foo		
						Source C	onfidence			-	
Nutrients and I	Units	Mean	Std. Error Po				Code	Measure 1	Measure 2	Measure	
Nutricitis and t	ointo	INICALI	J. G. 101 10					incusule l	measult Z	measure .	
Proximates:											
Water		50.21	1.046	17		1		37.66	2.01		
Energy	kcal	318		0	NC	4		239	13		
Energy	kJ	1332		0		4		999	53		
Protein (N x 6.29)	g	1.25	0.240	17		1		0.94	0.05		
Total lipid (fat)	g	25.31	0.282	19		1		18.98	1.01		
Ash	_	0.18	0.063	13		1		0.14	0.01		
Carbohydrate, by difference	g	23.05		0	NC	4		17.29	0.92		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	23.05	i	0	NR	4		17.29	0.92		
Starch	g										
Minerals:	w	_						_	•		
Calcium, Ca	-	6	0.380	13		1		5	0		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.12 2	0.018	7		1 1		0.09 1	0.00 0		
Magnesium, Mg Phosphorus, P		8	0.094			1		6	0		
Phosphorus, P Potassium, K	_	8 18	1.020			1		6 14	1		
Sodium, Na	_	25	4.216			1		19	1		
Zinc, Zn	_	0.03				1		0.02	0.00		
Copper, Cu		0.03		0		1		0.023	0.001		
Manganese, Mn		0.05		0		1		0.044	0.002		
Selenium. Se	-	2.1	-	0	BFNN	4		1.6	0.1		
,											
Vitamins:	m a	0.0		0		1		0.0	0.0		
Vitamin C, total ascorbic acid	_	0.00	•	0		1		0.000	0.000		
Thiamin	=	0.00		2		1		0.000	0.000		
Riboflavin	_	0.00		0		1		0.000	0.000		
Pantothenic acid	_	0.00		0		1		0.000	0.000		
Vitamin B-6		0.00		0		1		0.000	0.000		
Folate, total	-	0	•	0		1		0	0		
Folic acid		0		0	z	7		0	0		
Folate, food		0		0	_	1		0	0		
Folate, DFE		0		0	NC	4		0	0		
Choline, total		0.0		0	BFFN	4		0.0	0.0		
Betaine	• • • • • • • • • • • • • • • • • • • •										
Vitamin B-12	•	0.00	1	0		1		0.00	0.00		
Vitamin B-12, added		0.00	1	0	Z	7		0.00	0.00		
Vitamin A, RAE		7		0	NC	4		5	0		
Retinol		0		0	Z	7		0	0		
Carotene, beta	µg	86		0	NR	4		65	3		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta	µg	0		0	Z	7		0	0		
Vitamin A, IU	JU	143		0	NC	4		107	6		
Lycopene	µg	0		0	Z	7		0	0		
Lutein + zeaxanthin	µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.96		0	BFFN	4		0.72	0.04		
Vitamin E, added	_	0.00	1	0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta				^	-	-		2 2			
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0		
									-		
		6.3		U	BFFN	4		4.7	0.3		
Vitamin DVitamin K (phylloquinone) Dihydrophylloquinone Menaquinone-4	ha M	0		0	Z BFFN	7 4		0 4.7	0		

	<u>Ar</u>	mount in 10	00 grams	of edil	ole portion		dible portion o	
			Number			<u>m</u>	easures of foo	<u>d</u>
Nutrients and Units	Mean	Std. Error			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	g 21.	783	0		1	16.337	0.871	
4:0	g 0.0	000	0		1	0.000	0.000	
6:0	•	000	0		1	0.000	0.000	
8:0	•	638	2		1	0.479	0.026	
10:0 12:0		905 836	2 2		1 1	0.679 6.627	0.036 0.353	
13:0	-	330	2		•	0.027	0.333	
14:0	-	756	2		1	2.817	0.150	
15:0	g							
16:0	-	092	2		1	2.319	0.124	
17:0	=				_	2 425		
18:0 20:0		580	2		1	3.435	0.183	
22:0	-							
24:0	-							
Fatty acids, total monounsaturated	g 1.0	616	0		1	1.212	0.065	
14:1								
15:1					_			
16:1 undifferentiated 17:1		241	2		1	0.181	0.010	
18:1 undifferentiated		375	2		1	1.031	0.055	
20:1		000	0		1	0.000	0.000	
22:1 undifferentiated		000	0		1	0.000	0.000	
24:1 c	g							
Fatty acids, total polyunsaturated		523	0		1	0.392	0.021	
18:2 undifferentiated	-	305	2		1	0.229	0.012	
18:3 undifferentiated	•	218	2 0		1	0.164	0.009	
18:4 20:2 n-6 c,c	=	000	U		1	0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiated		000	0		1	0.000	0.000	
20:5 n-3 (EPA)	.g 0.0	000	0		1	0.000	0.000	
21:5	-							
22:4	-		•			0.000	0.000	
22:5 n-3 (DPA) 22:6 n-3 (DHA)	•	000 000	0		1	0.000	0.000 0.000	
Fatty acids, total trans	•		ŭ		-	0.000	0.000	
Cholesterol			0		1	0	0	
Phytosterols	mg 23		0		4	17	1	
Amino Acids:								
Tryptophan	.q 0.(017	0		1	0.013	0.001	
Threonine	.0	053	0		1	0.040	0.002	
Isoleucine	.g 0.0	077	0		1	0.058	0.003	
Leucine	•	123	0		1	0.092	0.005	
Lysine		101	0		1	0.076	0.004	
Methionine	•	038 005	0		1 1	0.029 0.004	0.002 0.000	
Phenylalanine	-	067	0		1	0.050	0.003	
Tyrosine	.5	072	0		1	0.054	0.003	
Valine		089	0		1	0.067	0.004	
Arginine	•	049	0		1	0.037	0.002	
Histidine	.0	037	0		1	0.028	0.001	
Alanine	•	039	0		1 1	0.029	0.002	
Aspartic acidGlutamic acid	•	088 284	0		1	0.066 0.213	0.004 0.011	
Glycine	•	28 4 025	0		1	0.213	0.011	
Proline	•	141	0		1	0.106	0.001	
Serine	•	077	0		1	0.058	0.003	
Hydroxyproline	.g							
Others:								
Alcohol, ethyl	.g 0.0	0	0		7	0.0	0.0	
Caffeine	-		0	z	7	0	0	

NDB No. 01073 Dessert topping, semi solid, frozen

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 cup Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87

0

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	nt in 100 gr	ams	of edit	ole porti	<u>on</u>	Amount in edible portion of common			
			Nun	n ber	r				easures of fo		
						Source	Confidence				
Nutrients and U	nits	Mean Sto	l. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	28.71	1.068	4	A	1		5.45			
Energy		315		0	NC	4		60			
Energy		1318		0	NC	4		250			
Protein		6.84	0.379	4	A	1		1.30			
Total lipid (fat)		7.35	0.278	4	A	1		1.40			
Ash	_	1.74	0.127	4	A	1		0.33			
Carbohydrate, by difference		55.35		0	NC	4		10.52			
Fiber, total dietary	g	0.0		0	BFZN	4		0.0			
Sugars, total		49.74	0.360	4	A	1		9.45			
Sucrose	g	41.77	0.471	4	A	1		7.94			
Glucose (dextrose)	g	1.70	0.303	4	A	1		0.32			
Fructose	g	0.32	0.037	4	A	1		0.06			
Lactose	g	4.92	0.829	4	A	1		0.93			
Maltose		0.00	0.000	4	A	1		0.00			
Galactose	g	1.03	0.155	4	A	1		0.20			
Starch											
Minerals:											
Calcium, Ca	<u>m</u> g	251	15.911	4	A	1		48			
Iron, Fe	mg	0.17	0.015	4	A	1		0.03			
Magnesium, Mg	mg	22	1.163	4	A	1		4			
Phosphorus, P		193	12.230	4	A	1		37			
Potassium, K	-	350	27.959	4	A	1		66			
Sodium, Na	-	129	11.877	4	A	1		25			
Zinc, Zn		0.79	0.037	4	A	1		0.15			
Copper, Cu		0.004	0.000	4	A	1		0.001			
Manganese, Mn Selenium, Se		0.002 2.7	0.000 0.525	4 4	A A	1 1		0.000 0.5			
	µ9	2.7	0.323	-	A	-		0.5			
Vitamins: Vitamin C, total ascorbic acid	ma	2.6		0	BFZN	4		0.5			
Thiamin	-	0.016	0.001	4	A A	1		0.003			
Riboflavin	-	0.405	0.001	4	A	1		0.003			
Niacin	-	0.403	0.017	4	A	1		0.040			
Pantothenic acid		0.210	0.010	2	A	1		0.159			
Vitamin B-6		0.016	0.001	4	A	1		0.003			
Folate, total	-	11	0.001	0	BFZN	4		2			
Folic acid		0		0	BFZN	4		0			
Folate, food		11		0	BFZN	4		2			
Folate, DFE		11		0	NC	4		2			
Choline, total		89.1		0	BFZN	4		16.9			
Betaine		07.1		٠	DI DI	-		20.5			
Vitamin B-12		0.31	0.055	4	A	1		0.06			
Vitamin B-12, added		0.00	******	0	BFZN	4		0.00			
Vitamin A, RAE		74		0	BFZN	4		14			
Retinol		73		0	BFZN	4		14			
Carotene, beta		14		0	BFZN	4		3			
Carotene, alpha		0		0	BFZN	4		0			
Cryptoxanthin, beta		0		0	BFZN	4		0			
Vitamin A, IU		267		0	NC	4		51			
Lycopene		0		0	BFZN	4		0			
Lutein + zeaxanthin		0		0	BFZN	4		0			
Vitamin E (alpha-tocopherol)		0.20		1	A	1		0.04			
Vitamin E, added		0.00		0	BFZN	4		0.00			
Tocopherol, beta		0.00		1	A	1		0.00			
Tocopherol, gamma		0.00		1	A	1		0.00			
Tocopherol, delta		0.00		1	A	1		0.00			
Tocotrienol, alpha		0.00		1	A	1		0.00			
Tocotrienol, beta		0.00		1	A	1		0.00			

	<u>Am</u>	ount i	in 100	grams	<u>1</u>	Amount in edible portion of common					
			N	lumber			measures of food				
						Source C	onfidence			_	
Nutrients and Units	Mean	Std. E		Points		Code	Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.0			1	A	1		0.00			
Tocotrienol, deltag	0.0)		1	A	1		0.00			
Vitamin D (D2 + D3)µg	0.2			0	BFZN	4		0.0			
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	0.2			0	BFZN	4		0.0			
Vitamin D3 (cholecalchelol)pg Vitamin D	6			0	BFZN	4		1			
Vitamin K (phylloquinone)µg	1.3			1	A	1		0.2			
Dihydrophylloquinoneµg	0.0			1	A	1		0.0			
Menaquinone-4µg	4.2			1	A	1		0.8			
Lipids:											
Fatty acids, total saturated	4.5	34		0	NC	4		0.862			
4:0g	0.1	76	0.0	03 4	A	1		0.033			
6:0g	0.1		0.0		A	1		0.026			
8:0g	0.0		0.0		A	1		0.016			
10:0g	0.2		0.0		A A	1 1		0.039			
12:0g 13:0g	0.2.	LI	0.0.	13 4	A	1		0.040			
14:0	0.7	50	0.0	23 4	A	1		0.143			
15:0g	0.0		0.0		A	1		0.016			
16:0g	2.0	07	0.0	41 4	A	1		0.381			
17:0g	0.0	52	0.0	00 4	A	1		0.010			
18:0g	0.8)5	0.0	07 4	A	1		0.153			
20:0g	0.0		0.0		A	1		0.002			
22:0g	0.0		0.0		A	1		0.001			
24:0	0.00		0.0	00 4 0	A NC	1 4		0.001 0.407			
Fatty acids, total monounsaturated9	0.00		0.0		A.	1		0.407			
15:1g	0.0		0.0		A	1		0.000			
16:1 undifferentiated	0.1		0.0		AS	1		0.031			
16:1 cg	0.1	26	0.0	03 4	A	1		0.024			
16:1 tg	0.0	36	0.0	01 4	A	1		0.007			
17:1g	0.0		0.0		A	1		0.000			
18:1 undifferentiatedg	1.89		0.0		AS	1		0.360			
18:1 cg	1.6		0.0		A	1 1		0.312			
18:1 tg 18:1-11 t (18:1t n-7)g	0.2	00	0.0	20 4	A	1		0.048			
20:1g	0.0	L7	0.0	01 4	A	1		0.003			
22:1 undifferentiatedg	0.0		0.0		AS	1		0.000			
22:1 cg	0.0	00	0.0	00 4	A	1		0.000			
22:1 tg	0.0	00	0.0	00 4	A	1		0.000			
24:1 cg	0.0		0.0		A	1		0.000			
Fatty acids, total polyunsaturatedg	0.3			0	NC	4		0.071			
18:2 undifferentiated	0.2		0.0		AS A	1 1		0.055			
18:2 n-6 c,cg 18:2 CLAsg	0.1			08 4	A	1		0.025 0.016			
18:2 t.t	0.0		0.0			-		0.010			
18:2 ig											
18:2 t not further defined	0.0	73	0.0	05 4	A	1		0.014			
18:3 undifferentiated	0.0	52	0.0		AS	1		0.010			
18:3 n-3 c,c,c (ALA)g	0.0		0.0		A	1		0.009			
18:3 n-6 c,c,cg	0.0	02	0.0	00 4	A	1		0.000			
18:3ig 18:4g	0.0	13	0.0	00 4	A	1		0.001			
20:2 n-6 c,cg	0.0		0.0		A	1		0.000			
20:3 undifferentiatedg	0.0		0.0		AS	1		0.001			
20:3 n-3g	0.0		0.0		A	1		0.000			
20:3 n-6g	0.0)5	0.0	00 4	A	1		0.001			
20:4 undifferentiatedg	0.0	9	0.0	01 4	A	1		0.002			
20:4 n-6g	_					_					
20:5 n-3 (EPA)g	0.0)4	0.0	00 4	A	1		0.001			
21:5g 22:4g	0.0	12	0.0	00 4	A	1		0.000			
22:4g 22:5 n-3 (DPA)g	0.0			00 4	A	1		0.000			
22.5 11 5 (2171)9	3.0	-				-		3.002			

	<u>Am oun</u>	t in 100 gr	ams	Amount in edible portion of common					
		Nun	Number				<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std					Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.000	0.000	4	A	1		0.000		
Fatty acids, total transg	0.364		0	NC	4		0.069		
Fatty acids, total trans-monoenoicg	0.292		0	NC	4		0.055		
Fatty acids, total trans-polyenoicg	0.073		0	NC	4		0.014		
Cholesterolmg	29	0.417	4	A	1		6		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeinemg	0		0	BFZN	4		0		
Theobrominemg	0		0	BFZN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gra	ms of ed	ible portio	<u>n</u>	Amount in edible portion of common			
			Num	ber			measures of food			
					Source C	Confidence				
Nutrients and Un	its	Mean Sto	d. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	2.78	0.409	3 A	1		0.24	2.92		
Energy	_	555	0.409	0 NC	4		48	582		
		2321			4		200			
Energy			0 504		1			2437		
Protein (N x 6.25)		35.60	0.584	3 A	1		3.06	37.38		
Total lipid (fat)		34.50	2.633	3 A	1		2.97	36.22		
Ash	_	3.15	0.020				0.27	3.30		
Carbohydrate, by difference		23.97		0 NC	4		2.06	25.17		
Fiber, total dietary										
Sugars, total		2.46	0.315	3 A	1		0.21	2.58		
Sucrose	g	0.00	0.000	3 A	1		0.00	0.00		
Glucose (dextrose)		0.64	0.012	3 A	1		0.06	0.68		
Fructose	g	0.00	0.000	3 A	1		0.00	0.00		
Lactose		0.00	0.000	3 A	1		0.00	0.00		
Maltose	g	1.81	0.321	3 A	1		0.16	1.90		
Galactose	g	0.00	0.000	3 A	1		0.00	0.00		
Starch	g									
Minerals:										
Calcium, Ca	-	171	3.180	3 A	1		15	180		
Iron, Fe	-	3.23	0.513	3 A	1		0.28	3.39		
Magnesium, Mg	mg	11	6.402	3 A	1		1	11		
Phosphorus, P		451	19.548	3 A	1		39	473		
Potassium, K		373	9.244	3 A	1		32	392		
Sodium, Na		576	15.301	3 A	1		50	605		
Zinc, Zn		2.76	0.379	3 A	1		0.24	2.90		
Copper, Cu		0.149	0.010	3 A	1		0.013	0.156		
Manganese, Mn		0.056	0.015	3 A	1		0.005	0.059		
Selenium, Se	µg	118.0	1.528	3 A	1		10.1	123.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0 100	0 000				0.016			
Thiamin		0.190	0.023	3 A	1		0.016	0.199		
Riboflavin	-	1.277	0.043	3 A	1 1		0.110	1.340		
Niacin	-	0.267	0.033	3 A			0.023	0.280		
Pantothenic acid		6.500	0.808	3 A	1 1		0.559	6.825		
Vitamin B-6	•	0.207 138	0.003 4.583	3 A	1		0.018 12	0.217 145		
Folate, total		0	4.563	0 Z	7					
Folic acid		138	4.583		1		0 12	0		
Folate, food	1.1	100	4.363		1			145 145		
Folate, DFE		138 602.5	41.813	0 NC	1		12 51.8	145		
Choline, total		1.6	0.820	3 AS	1		0.1	632.6 1.6		
Betaine	-	2.90		3 A	1		0.1	3.04		
Vitamin B-12		2.90 117	0.410	0 AS	1		10	3.04 122		
Vitamin A, RAE		117	21.688	0 AS	1		10	122		
Retinol		116			1		0	0		
Carotene, beta		0	0.000	3 A	1		0	0		
Carotene, alpha		13	2.343	3 A	1		0 1	0 14		
Cryptoxanthin, beta		398	4.343	0 AS	1		34	14 418		
Vitamin A, IU		398	0.000	0 AS	1		0	418 0		
Lycopene		U	0.000	, A	1		U	U		
Lutein + zeaxanthin		2.04	0.568	2 7	1		0.18	2.14		
Vitamin E (alpha-tocopherol)				3 A	1					
Tocopherol, beta		0.03	0.010		1		0.00	0.03		
Tocopherol, gamma		4.29	1.902	3 A			0.37	4.50		
Tocopherol, delta		0.19	0.067	3 A	1		0.02	0.20		
Tocotrienol, alpha		0.14	0.048	3 A	1		0.01	0.15		
	g	0.00	0.000	3 A	1		0.00	0.00		
Tocotrienol, beta Tocotrienol, gamma		0.08	0.034	3 A	1		0.01	0.09		

	An	ount in 10	0 grams		ole portion		Amount in edible portion of common measures of food			
			of Data	Deriv	Source Confidence					
Nutrients and Units	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Vitamin D (D2 + D3)			0	AS	1	0.6	7.8			
Vitamin D2 (ergocalciferol)			0	BFSN	4	0.6	7.8			
Vitamin D	0		0	BFSN	4	25	311			
Vitamin K (phylloquinone)	.g 0.7	0.3	120 3	A	1	0.1	0.8			
Dihydrophylloquinone			000 3	A	1	0.0	0.0			
Menaquinone-4	.g 11.4	1.4	423 3	A	1	1.0	11.9			
<u>Lipids:</u>										
Fatty acids, total saturated		05	0	NC	4	0.886	10.820			
4:0	=									
8:0	=	00 0.0	000 3	A	1	0.000	0.000			
10:0		00 0.0	000 3	A	1	0.000	0.000			
12:0	g 0.0	00 0.0	000 3	A	1	0.000	0.000			
13:0	-									
14:0	-		001 3	A	1	0.008	0.101			
15:0	•		000 3 057 3	A A	1	0.000 0.652	0.000 7.958			
17:0	•		003 3	A	1	0.005	0.059			
18:0	=		034 3	A	1	0.219	2.668			
20:0	0.0	31 0.0	009 3	A	1	0.003	0.033			
22:0		00 0.0	000 3	A	1	0.000	0.000			
24:0		45	•		4	1 100	14 422			
Fatty acids, total monounsaturated			0 000 3	NC A	4 1	1.182 0.000	14.433 0.000			
15:1			000 3	A	1	0.000	0.000			
16:1 undifferentiated	•		028 3	A	1	0.066	0.803			
17:1	0.0	00 0.0	000 3	A	1	0.000	0.000			
18:1 undifferentiated	-		438 3	A	1	1.107	13.515			
20:1		09 0.0	006 3	A	1	0.009	0.114			
22:1 undifferentiated										
24:1 c		55	0	NC	4	0.650	7.932			
18:2 undifferentiated			187 3	A	1	0.588	7.178			
18:3 undifferentiated		65 0.0	003 3	AS	1	0.014	0.173			
18:3 n-3 c,c,c (ALA)	=		014 3	A	1	0.012	0.150			
18:3 n-6 c,c,c		22 0.0	011 3	A	1	0.002	0.023			
18:3i	-									
20:2 n-6 c,c	=	47 0.0	002 3	A	1	0.004	0.049			
20:3 undifferentiated	•		000 3	A	1	0.000	0.000			
20:3 n-3	9									
20:3 n-6					_					
20:4 undifferentiated	=	07 0.0	003 3	A	1	0.044	0.532			
20:4 n-6										
21:5										
22:4										
22:5 n-3 (DPA)										
22:6 n-3 (DHA)										
Fatty acids, total trans	=		0	0	4	84	1024			
Phytosterols	0		Ū	J	-	04	1024			
Amino Acids:										
Tryptophan	0.4	00	0	A	1	0.034	0.420			
Threonine	=		0	A	1	0.121	1.481			
Isoleucine			0	A	1	0.167	2.034			
Leucine	=		0	A A	1	0.285	3.478			
Lysine			0	A A	1	0.336 0.124	4.105 1.515			
Cystine			0	A	1	0.045	0.550			
Phenylalanine	•		0	A	1	0.164	1.998			
Tyrosine	1.2	62	0	A	1	0.109	1.325			

Egg Mix, USDA Commodity

	Amount in	100 grams	Amount in e	Amount in edible portion of common			
		Number			_	easures of foo	<u>d</u>
Nutrients and Units	Mean Std. Err	of Data or Points		Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
Valineg	2.313	0	A	1	0.199	2.428	
Arginineg	2.387	0	A	1	0.205	2.507	
Histidineg	0.876	0	A	1	0.075	0.919	
Alanineg	1.726	0	A	1	0.148	1.813	
Aspartic acidg	3.701	0	A	1	0.318	3.886	
Glutamic acidg	4.695	0	A	1	0.404	4.930	
Glycineg	1.295	0	A	1	0.111	1.360	
Prolineg	1.953	0	A	1	0.168	2.051	
Serineg	2.735	0	A	1	0.235	2.872	
Hydroxyprolineg	0.000	2	A	1	0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.6g: 1 tbsp Measure 2 = 105g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am ount ii</u>	n 100 grams	of edil	ble portio	<u>1</u>	Amount in edible portion of common			
			Number				m	easures of fo	od	
					Source C	onfidence				
Nutrients and Ur	nits	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	87.00	0	0	4		52.20	208.80		
Energy	kcal	48	0	NR	4		29	115		
Energy		201	0	NR	4		121	482		
Protein (N x 6.25)		10.00	0	0	4		6.00	24.00		
Total lipid (fat)		0.00	0	z	7		0.00	0.00		
Ash		1.30	1		1		0.78	3.12		
Carbohydrate, by difference	_	2.00	0	0	4		1.20	4.80		
Fiber, total dietary		0.0	0		4		0.0	0.0		
Sugars, total		2.00	0	NR	4		1.20	4.80		
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	73	2		1		44	175		
Iron, Fe		1.98	2		1		1.19	4.75		
Magnesium, Mg		15	0		4		9	36		
Phosphorus, P		72	1		1		43	172		
Potassium, K	_	213	1		1		128	512		
Sodium, Na	_	199	2		1		120	479		
Zinc, Zn		0.98	1		1		0.59	2.35		
Copper, Cu		0.022	0		1 1		0.013	0.053 0.014		
Manganese, Mn Selenium, Se		0.006 41.3	0	BFSN	4		0.004 24.8	99.1		
Seienium, Se	μ	41.3	U	Dr SN	4		24.0	99.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0		4		0.3	1.1		
Thiamin		0.120	2		1		0.072	0.288		
Riboflavin	mg	0.386	2		1		0.232	0.926		
Niacin	-	0.140	0		4		0.084	0.336		
Pantothenic acid		1.660	1		1		0.996	3.984		
Vitamin B-6	-	0.133	1		1		0.080	0.319		
Folate, total		16	0	_	4		10	39		
Folic acid		0	0	Z	7		0	0		
Folate, food		16	0		4		10	39		
Folate, DFE		16	0	NC	4		10	39		
Choline, total	-	2.5	0	BFSN	4		1.5	5.9		
Betaine	• • • • • • • • • • • • • • • • • • • •	0.34	0		4		0.20	0.81		
Vitamin B-12, added		0.34	0	z	7		0.20	0.00		
Vitamin A, RAE		11	0	NC	4		7	27		
Retinol		U TT	0	NC Z	7		0	0		
Carotene, beta		135	0	NR	4		81	324		
Carotene, alpha		0	0	Z	7		0	0		
Cryptoxanthin, beta		0	0	Z	7		0	0		
Vitamin A, IU		225	0	NC	4		135	540		
Lycopene		0	0	Z	7		0	0		
Lutein + zeaxanthin		0	0	z	7		0	0		
Vitamin E (alpha-tocopherol)		1.59	0	BFFN	4		0.95	3.81		
Vitamin E, added		0.00	0	z	7		0.00	0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.6	0	s	4		1.0	3.9		
Vitamin D		66	0	s	4		39	157		
Vitamin K (phylloquinone)		0.2	0	BFFN	4		0.1	0.5		
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.000 0 1 0.000 0.000 4:0......g 0.000 0 1 0.000 0.000 0.000 6:0.....g 0.000 0 1 0.000 0 0.000 0.000 1 0.000 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0.000 1 0.000 0.000 12:0.....g 0 13:0.....g 0.000 1 0.000 0.000 14:0.....g 1 0.000 1 1 16·0 a 0.000 0.000 17:0.....g 0.000 1 0.000 0.000 18:0.....g 20:0.....g 24:0.....g 0.000 0 1 0.000 0.000 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.000 0 1 0.000 0.000 17:1.....g 1 18:1 undifferentiated......g 0.000 1 0.000 0.000 20:1.....g 0.000 0 1 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 1 0.000 0.000 0.000 0.000 0.000 18:2 undifferentiated....... 1 1 0.000 1 1 0.000 0.000 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 20:5 n-3 (EPA)......g 0 1 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g 0 7 0 Cholesterol....mg 0 z 0 Phytosterols.....mg 95 4 57 228 0 Amino Acids: Tryptophan.....g 0.164 0 4 0.098 0.394 Threonine.....g 0.484 0 4 0.290 1.162 Isoleucine.....g 0.660 0 4 0.396 1.584 0.972 0.583 2.333 Leucine. 9 Lysine.....g 0.713 0 4 0.428 1.711 0.387 0 0.232 0.929 Methionine.....g Cystine.....g 0.229 0 4 0.137 0.550 Phenylalanine.....g 0.645 0 0.387 1.548 ٥ Tyrosine.....g 0.456 4 0.274 1.094 0 0.792 0.475 1.901 Valine.....g Arginine.....g 0.577 0 4 0.346 1.385 0.257 0 0.154 0.617 Alanine.....g 0 0.624 0.374 1.498 0.928 0 0.557 2.227 1.690 0 4 Glutamic acid.....g 1.014 4.056 Glycine.....g 0.365 0 0.219 0.876 0.558 0.335 Proline.....g 0 4 1.339 0.751 0.451 Serine.....g 0 1.802 Hydroxyproline.....g Others: Alcohol, ethyl.....g 0.0 0 0.0 0.0 Caffeine....mg z 0

Egg substitute, liquid or frozen, fat free

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: .25 cup Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36 Fat 8.84 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	u gram s	ot edi	ole portion	1	Amount in edible portion of common			
				Number				measures of food			
						Source C	onfidence				
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates:	~	2.0	_					0.20			
Water		3.8	ь	1		1		0.38	0.77		
Energy		444		0	NC	4		44	89		
Energy		1856		0	NC	4		184	371		
Protein (N x 6.25)		55.5		1		1		5.49	11.10		
Total lipid (fat)	g	13.0	0	1		1		1.29	2.60		
Ash	g	5.8	4	1		1		0.58	1.17		
Carbohydrate, by difference	g	21.8	0	0		4		2.16	4.36		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	21.8	0	0	NR	4		2.16	4.36		
Starch	g										
Minopoles	_										
Minerals:	ma	226		1		-		22	C.F.		
Calcium, Ca	_	326 3.1	6	1 1		1 1		32 0.31	65 0.63		
Iron, Fe		65	U	0		4		0.31 6	13		
Magnesium, Mg		478		1		1		47	96		
Phosphorus, P		744		1		1		47 74	149		
Potassium, K	_	800		1		1		7 4 79	160		
Sodium, Na	_	1.8	•	0		4		0.18	0.36		
Zinc, Zn	_			0		1			0.36		
Copper, Cu		0.2						0.020			
Manganese, Mn		0.0	80	0	200	1		0.008	0.016		
Selenium, Se	µg	127.7		0	BFSN	4		12.6	25.5		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.8		1		1		0.1	0.2		
Thiamin	mg	0.2	26	1		1		0.022	0.045		
Riboflavin	mg	1.7	60	1		1		0.174	0.352		
Niacin	mg	0.5	77	1		1		0.057	0.115		
Pantothenic acid	mg	3.3	84	0		4		0.335	0.677		
Vitamin B-6	mg	0.1	43	0		4		0.014	0.029		
Folate, total	µg	125		0		4		12	25		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	125		0		4		12	25		
Folate, DFE		125		0	NC	4		12	25		
Choline, total		117.6		0	BFSN	4		11.6	23.5		
Betaine	_										
Vitamin B-12	_	3.5	2	0		4		0.35	0.70		
Vitamin B-12, added		0.0		0	z	7		0.00	0.00		
Vitamin A, RAE		369		0	NC	4		37	74		
Retinol		369		0	NC	4		37	74		
Carotene, beta		0		0	z	7		0	0		
Carotene, alpha		0		0	z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU		1230		0	NC	4		122	246		
		0		0	Z	7		0	0		
LycopeneLutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		1.2	6	0	BFFN	4		0.13	0.25		
		0.0		0	Z	7		0.00	0.25		
Vitamin E, added		0.00	•	U	4	,		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta		^ ^		^	-	7			2 2		
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	Z	7		0	0		
Vitamin K (phylloquinone)		0.4		0	BFFN	4		0.0	0.1		
Dihydrophylloquinone	µg										

	<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	
					Source (Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	3.7	66	0		1		0.373	0.753	
4:0g	0.0		0		1		0.000	0.000	
6:0g	0.0		0		1		0.000	0.000	
8:0g	0.0		0		1		0.000	0.000	
10:0g	0.0		0		1		0.000	0.000	
12:0	0.0		0		1		0.000	0.000	
13:0g			•		_		******		
14:0g	0.0	65	1		1		0.006	0.013	
15:0g			_		_		******	0.025	
16:0g	2.6	87	1		1		0.266	0.537	
17:0			_		_		00200		
18:0g	0.9	93	1		1		0.098	0.199	
20:0g			_		_				
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	5.3	41	0		1		0.529	1.068	
14:1g									
15:1g									
16:1 undifferentiated	0.4	96	1		1		0.049	0.099	
17:1g									
18:1 undifferentiated	4.8	45	1		1		0.480	0.969	
20:1g	0.0		0		1		0.000	0.000	
22:1 undifferentiatedg	0.0		0		1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturatedg	1.6	83	0		1		0.167	0.337	
18:2 undifferentiated	1.4	13	1		1		0.140	0.283	
18:3 undifferentiated	0.0	86	1		1		0.009	0.017	
18:4g	0.0	00	0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.1	09	0		4		0.011	0.022	
20:5 n-3 (EPA)g	0.0	00	0		1		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		1		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	572		1		1		57	114	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.9g: .35 oz Measure 2 = 20g: .7 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:12% Shell

		Amou	nt in 100 g	rams	or ear	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				measures of food			
						Source (Confidence	_		-	
Nutrients and Un	:40	Maan Ct	d.Error Po				Code	Manaura 1	Magaura 2	Magaura	
Nutrients and Un	its	Mean Sto	a. Error	Jiiits	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	70.83	0.467	13		1		49.58			
Energy	kcal	185		0	NC	4		130			
Energy	kJ	776		0		4		543			
Protein (N x 6.25)	g	12.81	0.240	13		1		8.97			
Total lipid (fat)	g	13.77	0.217	18		1		9.64			
Ash	g	1.14	0.077	17		1		0.80			
Carbohydrate, by difference	g	1.45		0	NC	4		1.02			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	g	0.93		0	BFSN	4		0.65			
Starch											
	_										
Minerals:											
Calcium, Ca	-	64	4.333			1		45			
Iron, Fe		3.85	0.475			1		2.70			
Magnesium, Mg	-	17		1		1		12			
Phosphorus, P		220	12.345			1		154			
Potassium, K	-	222	79.951			1 1		156			
Sodium, NaZinc, Zn	-	146 1.41		2 1		1		102 0.99			
,		0.062		0		1		0.99			
Copper, Cu		0.082		0		1		0.043			
Manganese, Mn Selenium, Se		36.4		0	BFSN	4		25.5			
Selemum, Se	P9	30.1		Ü	DISN	-		23.3			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0			
Thiamin	-	0.156	0.023	7		1		0.109			
Riboflavin	mg	0.404	0.036			1		0.283			
Niacin	-	0.200	0.100			1		0.140			
Pantothenic acid	-	1.862		0		4		1.303			
Vitamin B-6	-	0.250		2		1		0.175			
Folate, total		80		1		1		56			
Folic acid		0		0	Z	7		0			
Folate, food		80		1		1		56			
Folate, DFE		80		0	NC	4		56			
Choline, total		263.4		0	T	4		184.4			
Betaine		- 10		_		_		2 72			
Vitamin B-12		5.40		2	_	1		3.78			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		194 192		0	NC BFFN	4		136 135			
Retinol				0		-					
Carotene, beta		14 0		0	BFFN	4 4		10 0			
Carotene, alpha		12		0	BFFN			9			
Cryptoxanthin, beta		674		0	BFFN NC	4 4		472			
Vitamin A, IU		0		0	BFFN	4		0			
Lycopene Lutein + zeaxanthin		459		0	BFFN	4		321			
Vitamin E (alpha-tocopherol)		1.34		0	BFFN	4		0.94			
Vitamin E (aipna-tocopneroi) Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta		3.00		J		,		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		1.7		0	AS	1		1.2			
Vitamin D		69		0	BFFN	4		48			
Vitamin K (phylloquinone)		0.4		0	BFFN	4		0.3			
Dihydrophylloquinone				-							
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 3.681 0 1 2.577 4:0......g 0.000 0 1 0.000 0.000 6:0.....g 0.000 0 0 0.000 0.000 1 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 1 0.000 12:0.....g 0 13:0.....g 0.009 0.054 1 0.038 14:0.....g 2.996 0.122 4 1 2.097 16·0 a 17:0.....g 0.632 0.075 4 1 0.442 18:0.....g 20:0.....g 24:0.....g 6.525 0 1 4.568 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.441 0.032 4 1 0.309 17:1.....g 6.084 0.239 1 18:1 undifferentiated......g 4.259 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 1.223 0 1 0.856 0.558 0.168 4 0.391 18:2 undifferentiated....... 1 0.071 0.102 0.068 4 1 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.319 0.058 4 1 0.223 0.000 20:5 n-3 (EPA)......g 1 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 Fatty acids, total trans......g Cholesterol....mg 884 1 619 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.260 0 0.182 1 0.515 Threonine.....g 0.736 0 1 Isoleucine.....g 0.598 0 1 0.419 Leucine.....g 1.097 0 1 0.768 0 Lysine.....g 0.951 1 0.666 Methionine.....g 0.576 0 1 0.403 Cystine.....g 0.285 0 1 0.200 0 Phenylalanine.....g 0.840 0.588 0.613 0 1 0.429 Tyrosine.....g 0 1 Valine.....g 0.885 0.620 0.765 0 1 Arginine.....g 0.536 Histidine.....g 0.320 0 1 0.224 0 1 Alanine.....g 0.631 0.442 Aspartic acid......g 0.777 0 1 0.544 1.789 0 1 1.252 Glutamic acid.....g 0.422 0 1 0.295 0.480 1 0.336 0 Proline.....g 0.963 1 0.674 Serine.....g 0 Hydroxyproline.....g Others: 0.0 Alcohol, ethyl......g 0.0 0 z Caffeine....mg

NDB No. 01138 Egg, duck, whole, fresh, raw

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:13% Shell

		<u>Am</u>	ount in 100 g			ole porti	<u>on</u>	Amount in edible portion of common		
			Nu	m be	r			<u>m</u>	easures of fo	<u>oa</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	70.43	0.498	3		1		101.42		
		185	0.490	0	NC	4		267		
Energy		775		0	NC	4		1115		
Energy		13.87	0.120			1		19.97		
Protein (N x 6.25)	-					1				
Total lipid (fat)		13.27				1		19.11		
Ash		1.08						1.56		
Carbohydrate, by difference		1.35)	0	NC	4		1.94		
Fiber, total dietary		0.0		0		4		0.0		
Sugars, total		0.94	ŧ	0	BFSN	4		1.35		
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		4		87		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.64	Į.	0		4		5.24		
Magnesium, Mg		16		0		4		22		
Phosphorus, P	mg	208		0		4		299		
Potassium, K	mg	210		0		4		302		
Sodium, Na	mg	138		0		4		199		
Zinc, Zn	<u>m</u> g	1.33	1	0		4		1.92		
Copper, Cu	mg	0.06	2	0		1		0.089		
Manganese, Mn	mg	0.03	8	0		1		0.055		
Selenium, Se	µg	36.9		0	BFSN	4		53.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0		1		0.0		
Thiamin	_	0.14	.7	0		4		0.212		
Riboflavin	_	0.38		0		4		0.550		
Niacin	_	0.18		0		4		0.272		
Pantothenic acid	_	1.75	19	0		4		2.533		
Vitamin B-6	_	0.23	16	0		4		0.340		
Folate, total	_	76		0		4		109		
Folic acid		0		0	Z	7		0		
Folate, food		76		0		4		109		
Folate, DFE		76		0	NC	4		109		
Choline, total	mg	263.4		0	T	4		379.3		
Betaine	mg									
Vitamin B-12		5.10)	0		4		7.34		
Vitamin B-12, added	µg	0.00)	0	Z	7		0.00		
Vitamin A, RAE	µg	187		0	NC	4		269		
Retinol	µg	185		0	BFFN	4		267		
Carotene, beta	µg	13		0	BFFN	4		19		
Carotene, alpha	µg	0		0	BFFN	4		0		
Cryptoxanthin, beta	µg	12		0	BFFN	4		17		
Vitamin A, IU	<u>IU</u>	650		0	NC	4		936		
Lycopene	µg	0		0	BFFN	4		0		
Lutein + zeaxanthin	µg	442		0	BFFN	4		637		
Vitamin E (alpha-tocopherol)	mg	1.29)	0	BFFN	4		1.86		
Vitamin E, added	mg	0.00	1	0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha	_									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.7		0	AS	1		2.4		
Vitamin D		66		0	BFFN	4		96		
Vitamin K (phylloquinone)		0.4		0	BFFN	4		0.6		
Dihydrophylloquinone										
Menaquinone-4	µg									

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 3.595 0 1 5.177 4:0.....g 0.000 0 1 0.000 6:0.....g 0.000 0 0.000 0 0.000 0.000 1 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 0 1 0.000 12:0.....g 13:0.....g 2 0.050 1 0.072 14:0.....g 2.849 1 16·0 a 4.103 17:0.....g 0.696 1 1.002 18:0.....g 20:0.....g 22:0......g 24:0.....g 5.747 0 1 8.276 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.394 1 0.567 17:1.....g 5.353 2 1 18:1 undifferentiated......g 7.708 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 1.672 0 1 2.408 0.680 2 0.979 18:2 undifferentiated....... 1 0.554 2 1 0.798 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.279 2 1 0.402 0.000 1 20:5 n-3 (EPA)......g 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 Fatty acids, total trans......g 0 1227 Cholesterol....mg 852 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.282 0 0.406 0.797 1.148 Threonine.....g 0 Isoleucine.....g 0.647 0 0.932 Leucine.....g 1.188 0 1.711 Lysine.....g 1.030 0 4 1.483 Methionine.....g 0.624 0 4 0.899 Cystine.....g 0.309 0 0.445 0 Phenylalanine.....g 0.910 1.310 0.664 0 4 0.956 Tyrosine.....g 0 Valine.....g 0.958 1.380 0.828 0 Arginine.....g 1.192 Histidine.....g 0.346 0 0.498 0 Alanine.....g 0.683 0.984 Aspartic acid......g 0.841 0 1.211 1.937 0 2.789 Glutamic acid.....g 0.457 0 4 0.658 0.520 4 0 0.749 Proline.....g 1.043 1.502 Serine.....g 0 Hydroxyproline.....g Others: 0.0 0.0 Alcohol, ethyl......g 0 z Caffeine....mg

Egg, goose, whole, fresh, raw

Amount in 100 grams of edible portion

Number

auraa Canfidanaa

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Theobromine......mg 0 0 Z 7

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:8% Shell

		AIII	ount in	i uu gi	aiiis	of edik	ne porti	<u>011</u>	Amount in edible portion of common			
				Nur	mber				measures of food			
				of	Data	Deriv	Source	Confidence				
Nutrients and Un	ite	Mean	Std Er	ror Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Wieaii	Siu. Li	101	,				Weasure i	Wedsule 2	Wieasuie	
Proximates:												
Water	g	74.3	5		2		1		6.69			
Energy		158			0	NC	4		14			
Energy		663			0		4		60			
Protein (N x 6.25)		13.0	5		2		1		1.17			
Total lipid (fat)	-	11.09	•	0.243	6		1		1.00			
Ash		1.10			2		1		0.10			
Carbohydrate, by difference		0.4			0	NC	4		0.04			
Fiber, total dietary		0.0			0		4		0.0			
Sugars, total		0.40)		0	BFCN	4		0.04			
Starch					·	22 021	-		0001			
Starcii	9											
Minerals:												
Calcium, Ca	mg	64			2		1		6			
Iron, Fe	mg	3.6	5		2		1		0.33			
Magnesium, Mg	mg	13			0		4		1			
Phosphorus, P	mg	226			2		1		20			
Potassium, K	mg	132			0		4		12			
Sodium, Na	mg	141			0		4		13			
Zinc, Zn	mg	1.4	7		0		4		0.13			
Copper, Cu	mg	0.0	52		0		1		0.006			
Manganese, Mn	mg	0.0	38		0		1		0.003			
Selenium, Se	µg	32.0			0	BFSN	4		2.9			
Vitamina												
Vitamins:					•		-		0.0			
Vitamin C, total ascorbic acid	-	0.0			0		1		0.0			
Thiamin		0.1			2		1		0.012			
Riboflavin	-	0.79			2		1		0.071			
Niacin	-	0.1			2		1		0.014			
Pantothenic acid	-	1.70			0		4		0.158			
Vitamin B-6	-	0.1	50		1		1		0.014			
Folate, total		66			0	_	4		6			
Folic acid		0			0	Z	7		0			
Folate, food		66			0		4		6			
Folate, DFE		66			0	NC	4		6			
Choline, total	-	263.4			0	T	4		23.7			
Betaine			_									
Vitamin B-12		1.58			0	_	4		0.14			
Vitamin B-12, added		0.00)		0	Z	7		0.00			
Vitamin A, RAE		156			0	NC	4		14			
Retinol		155			0	BFFN	4		14			
Carotene, beta		11			0	BFFN	4		1			
Carotene, alpha		0			0	BFFN	4		0			
Cryptoxanthin, beta		10			0	BFFN	4		1			
Vitamin A, IU	IU	543			0	NC	4		49			
Lycopene		0			0	BFFN	4		0			
Lutein + zeaxanthin		369			0	BFFN	4		33			
Vitamin E (alpha-tocopherol)		1.08			0	BFFN	4		0.10			
Vitamin E, added		0.00)		0	Z	7		0.00			
Tocopherol, beta												
Tocopherol, gamma	mg											
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta	mg											
Tocotrienol, gamma	mg											
Tocotrienol, delta	mg											
Vitamin D (D2 + D3)	µg	1.4			0	AS	1		0.1			
Vitamin D	IU	55			0	BFFN	4		5			
Vitamin K (phylloquinone)	µg	0.3			0	BFFN	4		0.0			
Dihydrophylloquinone												
Menaquinone-4												

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 3.557 0 1 0.320 4:0......g 0.000 0 1 0.000 6:0.....g 0.000 0 0.000 0 0.000 0.000 1 8:0.....g 10:0.....g 0.000 0 1 0.000 0.000 1 0.000 12:0.....g 0 13:0.....g 0.053 0.007 6 1 0.005 14:0.....g 2.666 0.076 1 16·0 a 0.240 17:0.....g 0.838 0.053 8 1 0.075 18:0.....g 20:0.....g 24:0.....g 4.324 0 1 0.389 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.473 0.051 8 1 0.043 17:1.....g 0.156 8 1 18:1 undifferentiated......g 3.851 0.347 0.000 20:1.....g 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 1.324 0 1 0.119 0.940 0.081 8 0.085 18:2 undifferentiated....... 1 0.004 0.044 0.020 6 1 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.122 0.016 8 1 0.011 0.000 20:5 n-3 (EPA)......g 1 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 Fatty acids, total trans......g Cholesterol....mg 12 1 76 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.209 0 0.019 0.058 Threonine.....g 0.641 0 Isoleucine.....g 0.816 0 0.073 Leucine.....g 1.146 0 0.103 Lysine.....g 0.881 0 4 0.079 Methionine.....g 0.421 0 4 0.038 Cystine.....g 0.311 0 0.028 0.737 0 Phenylalanine.....g 0.066 0.543 0 4 0.049 Tyrosine.....g 0 0.085 Valine.....g 0.940 0.835 0 0.075 Arginine.....g Histidine.....g 0.315 0 0.028 0 Alanine.....g 0.762 0.069 Aspartic acid......g 1.294 0 0.116 1.662 0 0.150 Glutamic acid.....g 0.434 0 4 0.039 0.518 4 0 0.047 Proline.....g 0.992 0.089 Serine.....g 0 Hydroxyproline.....g Others: 0.0 Alcohol, ethyl......g 0.0 0 z Caffeine....mg

Egg, quail, whole, fresh, raw

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

Measure 2

Measure 3

Measure 1

of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:12% Shell

Lipids:

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ole portion	<u>l</u>	Amount in edible portion of common			
			Nun	nber					easures of fo		
						Source C	onfidence				
Nutrients and Un	nits	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	72.50	0.372	5		1		57.28			
Energy	kcal	171		0	NC	4		135			
Energy	kJ	716				4		565			
Protein (N x 6.25)	g	13.68	0.613	5		1		10.81			
Total lipid (fat)	g	11.88	0.188	5		1		9.39			
Ash	g	0.79	0.049	4		1		0.62			
Carbohydrate, by difference	g	1.15		0	NC	4		0.91			
Fiber, total dietary	g	0.0		0		4		0.0			
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	-	99		1		1		78			
Iron, Fe		4.10		1		1		3.24			
Magnesium, Mg		13		0		4		11			
Phosphorus, P		170		1		1		134			
Potassium, K	_	142		0		4		112			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	151		0		4		120			
Zinc, Zn		1.58		0		4 1		1.25 0.049			
Copper, Cu		0.062 0.038		0		1		0.049			
Selenium, Se		34.3		0	BFSN	4		27.1			
Selellulli, Se	µy	31.3		U	DF 5N	-		27.1			
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0		0		1		0.0			
Thiamin	_	0.110		1		1		0.087			
Riboflavin		0.470		1		1		0.371			
Niacin	_	0.024		2		1		0.019			
Pantothenic acid	_	1.889		0		4		1.492			
Vitamin B-6	_	0.131		0		4		0.103			
Folate, total		71 0		0	z	4 7		56 0			
Folic acidFolate, food		71		0	4	4		56			
Folate, DFE		71		0	NC	4		56			
Choline, total		/ _		U	NC	-		56			
Betaine											
Vitamin B-12		1.69		0		4		1.34			
Vitamin A, RAE		166		0		4		131			
Retinol		166		0		4		131			
Carotene, beta	µg										
Carotene, alpha											
Cryptoxanthin, beta	µg										
Vitamin A, IU	JU	554		0		4		438			
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta Vitamin D (D2 + D3)											
Vitamin D (D2 + D3)											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
, a. op,oquinono											

	<u>Aı</u>	nount	t in 100 gra	am s	of edi	ble portion		Amount in e	edible portion	of common	
			Num				measures of food				
Nutrients and Units	Mean	Std.	of D Error Poi			Source Cor Code	nfidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated	.g 3.	532		0		1		2.869			
4:0	.g 0.	000		0		4		0.000			
6:0	.g 0.	000		0		4		0.000			
8:0		000		0		4		0.000			
10:0	.g 0.	000		0		4		0.000			
12:0	.g 0.	000		0		4		0.000			
13:0	-										
14:0	.g 0.	036	0.007	3		1		0.028			
15:0	=										
16:0	.g 2.	719	0.075	4		1		2.148			
17:0	-										
18:0	=	377	0.053	4		1		0.693			
20:0	-										
22:0	-										
24:0	•										
Fatty acids, total monounsaturated	=	571		0		1		3.611			
14:1	=										
15:1	•					_					
16:1 undifferentiated	-	572	0.099	4		1		0.531			
17:1						_					
18:1 undifferentiated		399	0.137	4		1		3.080			
20:1											
22:1 undifferentiated											
24:1 c				•		-		1 210			
Fatty acids, total polyunsaturated	•	558 L66	0.121	0 4		1 1		1.310			
18:2 undifferentiated	.0							0.921			
18:3 undifferentiated	=	079	0.024	4		1		0.062			
18:4	=										
20:2 n-6 c,c	=										
20:3 undifferentiated 20:4 undifferentiated	=	L27	0.009	4		1		0.100			
20:5 n-3 (EPA)		L2/	0.003	-		-		0.100			
21:5	=										
22:4	=										
22:5 n-3 (DPA)	-										
22:6 n-3 (DHA)	•										
Fatty acids, total trans	=										
Cholesterol				10		1		737			
Phytosterols	. 0										
•	. 3										
Amino Acids:	_										
Tryptophan	.0	219		0		4		0.173			
Threonine	•	572		0		4		0.531			
Isoleucine	•	355		0		4		0.675			
Leucine	•	201		0		4		0.949			
Lysine	•	924		0		4		0.730			
Methionine	•	142		0		4		0.349			
Cystine	•	326		0		4		0.258			
Phenylalanine		773		0		4		0.611			
Tyrosine	.5	569		0		4		0.450			
Valine	•	985		0		4		0.778			
Arginine	. •	376		0		4		0.692			
Histidine	•	330		0		4		0.261			
Alanine	•	799		0		4		0.631			
Aspartic acid	•	357		0		4		1.072			
Glutamic acid		742		0		4		1.376			
Glycine	.g 0	1 55		0		4		0.359			
Proline		543		0		4		0.429			
Serine	.g 1.	040		0		4		0.822			
Hydroxyproline	.g										

NDB No. 01141 Egg, turkey, whole, fresh, raw

Common Measures: Measure 1 = 79g: 1 egg

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		Amount in	100 grams	s of edib	ole portio	<u>n</u>	Amount in e	dible portion	of common
			Num be	r				easures of fo	
					Source C	onfidence			
Nutrients and Un	nits	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	5.80	2	A	1		1.62		
Energy	_	382	0	NC	4		107		
Energy		1598	0	NC	4		448		
Protein (N x 6.25)		81.10	2	A	1		22.71		
Total lipid (fat)	-	0.00	0	Z	7		0.00		
r ,		5.30	2	A	1		1.48		
Ash	_	7.80	0	NC	4		2.18		
Carbohydrate, by difference		0.0	0	NC Z	7		0.0		
Fiber, total dietary			-						
Sugars, total		5.40	0	BFSN	4		1.51		
Starch	g								
Minerals:									
Calcium, Ca	-	62	2	A	1		17		
Iron, Fe		0.15	2	A	1		0.04		
Magnesium, Mg		88	2	A	1		25		
Phosphorus, P		111	2	A	1 1		31		
Potassium, K		1125 1280	2	A A	1		315 358		
Sodium, Na	_		2	A A	1		0.03		
Zinc, Zn Copper, Cu		0.10 0.114	2	A	1		0.03		
Manganese, Mn	-	0.007	2	A	1		0.032		
Selenium, Se		125.1	0	BFAN	4		35.0		
,		123.1	ŭ	22111	•		33.0		
<u>Vitamins:</u>				_	_				
Vitamin C, total ascorbic acid	-	0.0	0	Z	7		0.0		
Thiamin	-	0.005	2	A	1		0.001		
Riboflavin	-	2.530	2	A	1		0.708		
Niacin	-	0.865	2	A	1		0.242		
Pantothenic acid	-	0.775	2	A	1		0.217		
Vitamin B-6	-	0.036	2	A	1		0.010		
Folate, total		18	2	A Z	1 7		5		
Folic acid		0 18	0 2	Z A	1		0 5		
Folate, food		18 18	0	A NC	4		5		
Folate, DFE		8.4	0	BFZN	4		2.3		
Choline, total	-	0.4	U	BFZN	4		2.3		
Betaine Vitamin B-12		0.18	2	A	1		0.05		
Vitamin B-12 Vitamin B-12, added		0.00	0	Z	7		0.00		
Vitamin A, RAE		0	0	AS	1		0.00		
Retinol		0	0	7.	7		0		
Carotene, beta		0	0	Z	7		0		
Carotene, alpha		0	0	Z	7		0		
Cryptoxanthin, beta		0	0	z	, 7		0		
Vitamin A, IU		0	0	AS	1		0		
Lycopene		0	0	Z	7		0		
Lutein + zeaxanthin		0	0	z	7		0		
Vitamin E (alpha-tocopherol)		0.00	0	BFSN	4		0.00		
Vitamin E (alpha-tocopheror)	-	0.00	0	Z	7		0.00		
Tocopherol, beta			-	=					
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha	-								
Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	BFZN	4		0.0		
Vitamin D		0	0	BFZN	4		0		
Vitamin K (phylloquinone)		0.0	0	BFSN	4		0.0		
Dihydrophylloquinone									
Menaquinone-4									

	<u>A</u>	mount in 10	00 grams	of edil	ble portion		Amount in e	dible portion o	of common_
			Number				<u>m</u> (easures of foo	<u>d</u>
					Source Co	onfidence			
N utrients and Units	Mean	Std. Erroi	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 0.	000	0	Z	7		0.000		
4:0	=	000	0	Z	7		0.000		
6:0	•	000	0	z z	7 7		0.000		
8:0	•	000 000	0	Z	7		0.000		
12:0	•	000	0	z	7		0.000		
13:0	-								
14:0	g 0.	000	0	Z	7		0.000		
15:0	-			_	_				
16:0	=	000	0	Z	7		0.000		
17:0 18:0	-	000	0	z	7		0.000		
20:0	-		•	_	•				
22:0	g								
24:0	•								
Fatty acids, total monounsaturated		000	0	Z	7		0.000		
14:1 15:1	•								
15:1	-	000	0	z	7		0.000		
17:1	•		·	_	•				
18:1 undifferentiated	-	000	0	Z	7		0.000		
20:1		000	0	Z	7		0.000		
22:1 undifferentiated	-	000	0	Z	7		0.000		
24:1 c		000	0	z	7		0.000		
Fatty acids, total polyunsaturated	· ·	000	0	Z	7		0.000 0.000		
18:3 undifferentiated	•	000	0	Z	7		0.000		
18:4	=	000	0	Z	7		0.000		
20:2 n-6 c,c	g								
20:3 undifferentiated	-								
20:4 undifferentiated		000	0	z z	7		0.000		
20:5 n-3 (EPA)		000	0	Z	7		0.000		
22:4	•								
22:5 n-3 (DPA)	=	000	0	z	7		0.000		
22:6 n-3 (DHA)	g 0.	000	0	Z	7		0.000		
Fatty acids, total trans									
Cholesterol	-		0	Z	7		0		
Phytosterols	ing								
Amino Acids:									
Tryptophan	.0	999	0		1		0.280		
Threonine	•	685 581	0		1 1		1.032 1.283		
IsoleucineLeucine		838	0		1		1.283		
Lysine	•	515	0		1		1.544		
Methionine	.0	790	0		1		0.781		
Cystine	g 2.	102	0		1		0.589		
Phenylalanine	.0	736	0		1		1.326		
Tyrosine	•	153	0		1		0.883		
Valine		164 412	0		1 1		1.446 1.235		
Arginine Histidine	o .	830	0		1		0.512		
Alanine	.0	684	0		1		1.312		
Aspartic acid	.0	253	0		1		2.311		
Glutamic acid	g 10.	770	0		1		3.016		
Glycine		842	0		1		0.796		
Proline	•	153	0		1		0.883		
Serine	•	593	0		1		1.566		
Hydroxyproline	9								
Others:	_	•	_		_		• -		
Alcohol, ethyl		U	0	BFSN Z	4 7		0.0 0		
Caffeine	ing 0		U	Z	,		U		

NDB No. 01173 Egg, white, dried

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Nutrients and Units

of Data Deriv Source Confidence Std. Error Points Code Code Mean

Code

Measure 1

Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	Ount	111 100	grams	or ean	ole portio	<u>on</u>	Amount in edible portion of common			
				Nı	umber				<u>m</u>	easures of fo	od	
							Source	Confidence				
Nutrients and Uni	ite	Mean	C+4			Code		Code	Measure 1	Measure 2	Measure	
Nutrients and on		Wiean	otu.	L 101 ·					Wicasure	Wedsule 2	wicasure .	
Proximates:												
Water	g	14.6	2	0.54	5 5		1		4.14	33.19		
Energy	kcal	351			0	NC	4		100	797		
Energy	kJ	1469			0		4		416	3334		
Protein (N x 6.25)	g	76.9	2		0		1		21.81	174.61		
Total lipid (fat)	g	0.0	4		0		1		0.01	0.09		
Ash	g	4.2	5		0		1		1.20	9.65		
Carbohydrate, by difference	g	4.1	7		0	NC	4		1.18	9.47		
Fiber, total dietary	g	0.0			0		4		0.0	0.0		
Sugars, total	g	0.0	0		0	z	7		0.00	0.00		
Starch												
	-											
Minerals:												
Calcium, Ca	-	83			0		1		24	189		
Iron, Fe	-	0.2	3		0		1		0.07	0.52		
Magnesium, Mg		67			0		1		19	152		
Phosphorus, P		83			0		1		24	189		
Potassium, K		1042			0		1 1		295 328	2364 2624		
Sodium, Na	-	1156	-		0		1					
Zinc, Zn	-	0.1			0		1		0.04 0.065	0.34 0.522		
Copper, Cu Manganese, Mn		0.2			0		1		0.003	0.322		
Selenium, Se	-	116.8	70		0	BFSN	4		33.1	265.1		
Selemum, Se	Р9	110.0			Ū	DI DI	-		33.1	203.1		
<u>Vitamins:</u>												
Vitamin C, total ascorbic acid	-	0.0			0		1		0.0	0.0		
Thiamin		0.0	35		0		1		0.010	0.079		
Riboflavin	mg	2.1			0		1		0.613	4.908		
Niacin	-	0.6			0		1		0.191	1.532		
Pantothenic acid	-	1.8			0		1		0.519	4.152		
Vitamin B-6	-	0.0	23		0		1		0.007	0.052		
Folate, total		89			0		1		25	203		
Folic acid		0			0	Z	7		0	0		
Folate, food		89			0		1		25	203		
Folate, DFE		89			0	NC	4		25	203		
Choline, total		8.4			0	BFZN	4		2.4	19.0		
Betaine	-		_									
Vitamin B-12		0.4			0	_	1		0.14	1.12		
Vitamin B-12, added		0.0	U		0	Z	7		0.00	0.00		
Vitamin A, RAE		0			0	NC	4		0	0		
Retinol		0			0	Z	7		0	0		
Carotene, beta		0			0	BFSN	4		0	0		
Carotene, alpha		0			0	BFSN	4		0	0		
Cryptoxanthin, beta		0			0	BFSN NC	4 4		0	0		
Vitamin A, IU		0			0	BFSN	4		0	0		
Lycopene Lutein + zeaxanthin		0			0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)		0.0	0		0	BFSN	4		0.00	0.00		
Vitamin E, added		0.0			0	Z	7		0.00	0.00		
Tocopherol, beta		0.0	O		U	4	,		0.00	0.00		
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	-											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0			0	z	7		0.0	0.0		
Vitamin D		0			0	z	7		0	0		
Vitamin K (phylloquinone)		0.0			0	BFSN	4		0.0	0.0		
Dihydrophylloquinone					-		-					
Menaquinone-4												

	<u>An</u>	ount in 10	0 grams	of edi	<u>n</u>	Amount in edible portion of common				
			Number				measures of food			
					Source C	onfidence	·			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Lipids:					_					
Fatty acids, total saturated	0.0		0		1		0.000	0.000		
4:0g	0.0		0		4 4		0.000	0.000		
6:0g 8:0g	0.0		0		4		0.000	0.000 0.000		
8:0g 10:0g	0.0		0		4		0.000	0.000		
12:0g	0.0		0		4		0.000	0.000		
13:0g			·		-		***************************************	******		
14:0g	0.0	00	0		1		0.000	0.000		
15:0g										
16:0g	0.0	00	0		1		0.000	0.000		
17:0g										
18:0g	0.0	00	0		1		0.000	0.000		
20:0g										
22:0g										
24:0g					_					
Fatty acids, total monounsaturatedg	0.0	000	0		1		0.000	0.000		
14:1g										
15:1	0.0	.00	0		1		0.000	0.000		
16:1 undifferentiated	0.0	100	U		1		0.000	0.000		
18:1 undifferentiatedg	0.0	100	0		1		0.000	0.000		
20:1g	0.0		0		4		0.000	0.000		
22:1 undifferentiatedg	0.0		0		4		0.000	0.000		
24:1 cg	0.0		Ū		-		0.000	0.000		
Fatty acids, total polyunsaturatedg	0.0	00	0		1		0.000	0.000		
18:2 undifferentiated	0.0		0		1		0.000	0.000		
18:3 undifferentiatedg	0.0	00	0		1		0.000	0.000		
18:4g	0.0	00	0		4		0.000	0.000		
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0	00	0		1		0.000	0.000		
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000		
21:5g										
22:4g										
22:5 n-3 (DPA)g	0.0		0		4		0.000	0.000		
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000		
Fatty acids, total transg	•				_		•	•		
Cholesterolmg	0		0		1		0	0		
Phytosterolsmg										
Amino Acids:										
Tryptophang	1.1	.81	0		1		0.335	2.681		
Threonineg	3.4	21	0		1		0.970	7.766		
Isoleucineg	4.6	89	0		1		1.329	10.644		
Leucineg	6.6	95	0		1		1.898	15.198		
Lysineg	4.7		0		1		1.343	10.755		
Methionineg	2.9		0		1		0.848	6.790		
Cystineg	1.9		0		1		0.541	4.331		
Phenylalanineg	4.8		0		1		1.371	10.980		
Tyrosineg	3.0		0		1		0.876	7.012		
Valineg	5.7		0		1		1.633	13.075		
Arginineg	4.4		0		1		1.273	10.197		
Histidineg	1.7		0		1		0.496	3.968		
Alanineg	4.9		0		1 1		1.406	11.259		
Aspartic acidg	6.8		0		1		1.930	15.450		
Glutamic acid	10.7 2.8		0		1		3.043 0.816	24.362 6.538		
Glycine	2.8		0		1		0.816	6.538		
Proline	5.6		0		1		1.609	12.880		
Hydroxyproline	5.6	., .	U		-		1.009	12.000		
тусголургонису										
Others:										
Alcohol, ethylg	0.0	1	0	Z	7		0.0	0.0		
Caffeinemg	0		0	Z	7		0	0		

NDB No. 01135

Egg, white, dried, flakes, stabilized, glucose reduced

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount	<u>in 100 gr</u>	am s	of edil	ole portio	<u>on</u>	Amount in e	edible portion	of common
				Nun	nber				m	easures of fo	od .
							Source	Confidence			
Nutrients and Un	nits	Mean	Std. E	rror Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	8.5	4	0.538	5		1		9.14	0.60	
Energy	-	376	-	0.550	0	NC	4		402	26	
Energy		1573			0	NC	4		1684	110	
.,		82.4	0		0		1		88.17	5.77	
Protein (N x 6.25)		0.0			0		1		0.04	0.00	
Total lipid (fat)	-	4.5			0		1		4.87	0.00	
Ash	_	4.4			0	NC	4		4.78		
Carbohydrate, by difference		0.0			0	NC	4		4.78 0.0	0.31	
Fiber, total dietary					-	_				0.0	
Sugars, total		0.0	U		0	Z	7		0.00	0.00	
Starch	9										
Minerals: Calcium, Ca	ma	89			0		1		96	6	
Iron, Fe	_	0.2	4		0		1		0.26	0.02	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	72	•		0		1		77	5	
Phosphorus, P	_	89			0		1		96	6	
Potassium, K		1116			0		1		1194	78	
Sodium, Na	•	1238			0		1		1325	87	
Zinc, Zn	_	0.1	6		0		1		0.17	0.01	
Copper, Cu		0.1	70		0		1		0.182	0.012	
Manganese, Mn		0.0	50		0		1		0.054	0.004	
Selenium, Se	µg	125.1			0	BFAN	4		133.9	8.8	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0			0		1		0.0	0.0	
Thiamin	_	0.0	37		0		1		0.040	0.003	
Riboflavin		2.3	16		0		1		2.478	0.162	
Niacin	_	0.7	23		0		1		0.774	0.051	
Pantothenic acid	mg	1.9	58		0		1		2.095	0.137	
Vitamin B-6	mg	0.0	24		0		1		0.026	0.002	
Folate, total	µg	96			0		1		102	7	
Folic acid	µg	0			0	Z	7		0	0	
Folate, food	µg	96			0		1		102	7	
Folate, DFE	µg	96			0	NC	4		102	7	
Choline, total	mg	8.4			0	BFSN	4		9.0	0.6	
Betaine	mg										
Vitamin B-12	µg	0.5	3		0		1		0.56	0.04	
Vitamin B-12, added	µg	0.0	0		0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0			0	AS	1		0	0	
Retinol	µg	0			0	Z	7		0	0	
Carotene, beta	µg	0			0	Z	7		0	0	
Carotene, alpha	µg	0			0	Z	7		0	0	
Cryptoxanthin, beta		0			0	Z	7		0	0	
Vitamin A, IU		0			0	AS	1		0	0	
Lycopene		0			0	Z	7		0	0	
Lutein + zeaxanthin		0			0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.0			0	Z	7		0.00	0.00	
Vitamin E, added		0.0	0		0	Z	7		0.00	0.00	
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta		0.0			0	z	7		0.0	0 0	
Vitamin D (D2 + D3)		0.0			0	z Z	7		0.0	0.0	
Vitamin D		0.0			0	z Z	7		0.0	0.0	
Vitamin K (phylloquinone)		0.0			U	4	,		0.0	0.0	
Dihydrophylloquinone											
Menaquinone-4	µ9										

	<u>Aı</u>	mount in 1	00 grams	of edi	ble porti	<u>on</u>	Amount in e	edible portion o	of common
			Number					easures of foo	
					Source	Confidence			
Nutrients and Units	Mean	Std. Erro	or Points			Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 0.	000	0		1		0.000	0.000	
4:0	g 0.	000	0		1		0.000	0.000	
6:0		000	0		1		0.000	0.000	
8:0		000	0		1		0.000	0.000	
10:0	-	000	0		1		0.000	0.000	
12:0	-	000	0		1		0.000	0.000	
13:0 14:0	-	000	0		1		0.000	0.000	
15:0	-		·		-		0.000	0.000	
16:0	-	000	0		1		0.000	0.000	
17:0	-								
18:0	g 0.	000	0		1		0.000	0.000	
20:0									
22:0									
24:0					_				
Fatty acids, total monounsaturated	-	000	0		1		0.000	0.000	
14:1 15:1	-								
16:1 undifferentiated		000	0		1		0.000	0.000	
17:1			•		_				
18:1 undifferentiated	-	000	0		1		0.000	0.000	
20:1	g 0.	000	0		1		0.000	0.000	
22:1 undifferentiated	g 0.	000	0		1		0.000	0.000	
24:1 c	-								
Fatty acids, total polyunsaturated		000	0		1		0.000	0.000	
18:2 undifferentiated	-	000	0		1		0.000	0.000	
18:3 undifferentiated	-	000	0		1		0.000	0.000	
18:4		000	0		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		000	0		1		0.000	0.000	
20:5 n-3 (EPA)	0	000	0		1		0.000	0.000	
21:5	-								
22:4	g								
22:5 n-3 (DPA)	0	000	0		1		0.000	0.000	
22:6 n-3 (DHA)		000	0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterol			0		1		0	0	
Phytosterols	mg								
Amino Acids:									
Tryptophan	0	266	0		1		1.355	0.089	
Threonine	5	665	0		1		3.922	0.257	
Isoleucine	-	023	0		1		5.375	0.352	
Leucine		172	0		1		7.674	0.502	
Lysine Methionine	0	076 204	0		1 1		5.431 3.428	0.355 0.224	
Cystine		20 4 044	0		1		2.187	0.224	
Phenylalanine	0	181	0		1		5.544	0.363	
Tyrosine	5	309	0		1		3.541	0.232	
Valine	-	170	0		1		6.602	0.432	
Arginine	g 4.	812	0		1		5.149	0.337	
Histidine	g 1.	872	0		1		2.003	0.131	
Alanine	0	313	0		1		5.685	0.372	
Aspartic acid	0	291	0		1		7.801	0.510	
Glutamic acid			0		1		12.301	0.805	
Glycine		085 098	0		1 1		3.301 3.315	0.216	
Proline	0	098 078	0		1		6.503	0.217 0.425	
Hydroxyproline			U		_		0.503	0.425	
, ,,									
Others: Alcohol, ethyl	g 0.	n	0		7		0.0	0.0	
Caffeine		-	0	z	7		0.0	0.0	
Caricine	9		U	4	,		v	3	

NDB No. 01136

Egg, white, dried, powder, stabilized, glucose reduced

Number of Data Deriv Source Confidence
Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 cup, sifted Measure 2 = 7.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Nutrients and Units			<u>Am ou</u>	ınt in 100 gr	am s	of edi	ble portion		Amount in edible portion of common			
Nutrients and Units				Nun	nber							
Nutrients and Units							Source Con	fidence				
Water	Nutrients and Unit	s	Mean St						Measure 1	Measure 2	Measure	
Water												
Energy	roximates:											
Finesty			5.48	0.350	15	A	1		5.87	0.38		
Prefer 9	Energy	kcal	357		0	NC	4		382	25		
Total lipid (fun)	Energy	kJ	1495		0	NC	4		1600	105		
Ash. 9	Protein	g	84.08	0.381	15	A	1		89.97	5.89		
Carbohysheate, by difference. G	Total lipid (fat)	g	0.32	0.052	15	DA	1		0.35	0.02		
Fiber, total dietary	Ash	g	5.61	0.066		A	1		6.00	0.39		
Sugars, total						NC				0.32		
Sucrose	Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Solitonse (destrose)	S 1			0.000		A				0.00		
Fractose	Sucrose	<u>.</u> g	0.00	0.000	15	A			0.00	0.00		
Lactose.						A				0.00		
Mailose												
Galaciose	Lactose	g								0.00		
Sinch Sinc									0.00	0.00		
	Galactose	<u>.</u> g	0.00	0.000	15	A	1		0.00	0.00		
Calcium, Ca.	Starch	g										
Iron, Fe. mg 0.18 0.000 15 A 1 0.20 0.01 Magnesium, Mg. mg 82 3 A 1 88 6 Phosphorus, P. mg 104 3 A 1 111 7 Potossium, K. mg 884 3 A 1 946 62 Sodium, Na mg 1299 22.751 15 A 1 1390 91 Zinc, Zn mg 0.13 2.751 15 A 1 0.14 0.01 Copper, Ca mg 0.012 3 A 1 0.137 0.009 Magnagaese, Mn. mg 0.000 3 A 1 0.00 0.000 Sclenium, Se. lg 192.0 0 0 1 0 0.00 0.00 Bidmins mg 0.0 0 0 1 0 0.0 0.0 Bidmins										_		
Magnesium, Mg. mg 82 3 A 1 88 6 Phosphous, P. mg 104 3 A 1 111 7 Poolsusium, K. mg 884 3 A 1 190 91 Zine, Za. mg 0.13 3 A 1 0.14 0.01 Copper, Cu. mg 0.128 3 A 1 0.137 0.009 Manganess, Mn. mg 0.000 3 A 1 0.000 0.009 Stenium, Sc. mg 0.000 3 A 1 0.000 0.00 Stenium, Sc. mg 0.0 0 1 0.0 0.0 Tibanian mg 0.00 3 A 1 0.00 0.0 Tibanins mg 0.00 3 A 1 0.00 0.0 Tibanian mg 0.00 3 A 1 0.0												
Phosphorus, P.				0.000								
Potassium, K												
Sodium, Na	•											
Zinc, Zn				22 751								
Соррег, Си. mg 0.128 3 A 1 0.137 0.009 Manganese, Mm. mg 0.000 3 A 1 0.000 0.000 Selenium, Se. µg 192.0 3 A 1 0.00 0.0 Itamins: Vitamin C, total ascorbic acid. mg 0.00 0 1 0.0 0.0 Riboflavin. mg 0.000 3 A 1 0.00 0.00 Riboflavin. mg 0.000 3 A 1 0.00 0.00 Niacin. mg 0.773 3 A 1 0.827 0.054 Patotheric acid. mg 0.670 3 A 1 0.717 0.047 Vitamin B-G. mg 0.032 0.003 15 A 1 0.034 0.002 Folate, Lotal. µg 0 0 2 7 0 0 0 0 0 0				22.751								
Manganese, Mn												
Selenium, Se.	••											
Vitamin C, total ascorbic acid mg 0.0 0 1 0.0 0.0 Thiamin mg 0.000 3 A 1 0.000 0.000 Riboflavin mg 3.710 3 A 1 3.970 0.260 Niacin mg 0.773 3 A 1 0.827 0.054 Pantothenic acid mg 0.670 3 A 1 0.717 0.047 Vitamin B-6 mg 0.032 0.003 15 A 1 0.034 0.002 Folica, total µg 0 3 A 1 0 0 Folica, Food µg 0 3 A 1 0 0 Folica, Food µg 0 3 A 1 0 0 Folica, Food µg 0 3 A 1 1 0 0 Cholate, Food µg 0 0 0 <td>9 '</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td></td> <td></td> <td></td> <td></td>	9 '						1					
Thiamin	itamins:_											
Riboflavin. mg 3.710 3 A 1 3.970 0.260 Niacin mg 0.773 3 A 1 0.827 0.054 Pantothenic acid. mg 0.670 3 A 1 0.717 0.047 Vitamin B-6. mg 0.032 0.003 15 A 1 0.034 0.002 Folate, food. µg 0 0 Z 7 0 0 Folate, food. µg 0 0 Z 7 0 0 Folate, DFE. µg 0 0 NC 4 0 0 Folate, DFE. µg 0 0 NC 4 0 0 Folate, DFE. µg 0 0 NC 4 0 0 Setiane. mg 10.7 3 A 1 11.4 0.7 Betaine. mg 0 0.20 0 AS	Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0		
Niacin	Thiamin	mg	0.000		3	A	1		0.000	0.000		
Pantothenic acid	Riboflavin	mg	3.710		3	A	1		3.970	0.260		
Vitamin B-6. Mg 0.032 0.003 15 A 1 0.034 0.002 Folate, total. µg 0 3 A 1 0 0 Folate, Lotal. µg 0 0 Z 7 0 0 Folate, Food. µg 0 3 A 1 0 0 Folate, Food. µg 0 3 A 1 0 0 Folate, DFE. µg 0 0 NC 4 0 0 Choline, total. mg 10.7 3 A 1 11.4 0.7 Betaine. mg 0 2 7 0 0 0 Vitamin B-12, added. µg 0.20 0.048 15 A 1 0.02 0.01 Vitamin B-12, added. µg 0 0.00 AS 1 0 0 0 Vitamin B-12, added. µg 0	Niacin	mg	0.773		3	A	1		0.827	0.054		
Folate, total	Pantothenic acid	mg										
Folic acid				0.003								
Folate, food												
Folate, DFE												
Choline, total	· · · · · · · · · · · · · · · · · · ·						1		-	-		
Betaine	,						4					
Vitamin B-12	, , , , , , , , , , , , , , , , , , ,	_	10.7		3	A	1		11.4	0.7		
Vitamin B-12, added µg 0.00 0 z 7 0.00 0.00 Vitamin A, RAE µg 0 0 AS 1 0 0 Retinol µg 0 0.000 15 A 1 0 0 Carotene, beta µg 0 3 A 1 0 0 Carotene, alpha µg 0 0 z 7 0 0 Cryptoxanthin, beta µg 0 0 z 7 0 0 Vitamin A, IU µg 0 0 x 7 0 0 Lycopene µg 0 0 x 7 0 0 Lycopene µg 0 0 x 7 0 0 Lutein + zeaxanthin µg 20 3 A 1 21 1 Vitamin E (alpha-tocopherol) mg 0 0 0 z		_	0.00	0.040	1.5	_			0.00			
Vitamin A, RAE µg 0 0 As 1 0 0 Retinol µg 0 0.000 15 A 1 0 0 Carotene, beta µg 0 3 A 1 0 0 Carotene, alpha µg 0 0 Z 7 0 0 Cryptoxanthin, beta µg 0 0 Z 7 0 0 Vitamin A, IU µ 0 0 As 1 0 0 Lycopene µg 0 0 Z 7 0 0 Lycopene µg 0 0 Z 7 0 0 Lycopene µg 0 0 Z 7 0 0 Lycopene µg 0 3 A 1 21 1 Lycopene µg 0 3 A 1 0 0 0 Vitamin E (alpha-tocopherol) mg 0 0 0 Z 7				0.048								
Retinol												
Carotene, beta				0.000								
Carotene, alpha				0.000					-			
Cryptoxanthin, beta µg 0 0 z 7 0 0 Vitamin A, IU µg 0 0 As 1 0 0 Lycopene µg 0 0 z 7 0 0 Lutein + zeaxanthin µg 20 3 A 1 21 1 Vitamin E (alpha-tocopherol) mg 0.00 3 A 1 0.00 0.00 Vitamin E, added mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg	,		•						-	-		
Vitamin A, IU			-		-				-	-		
Lycopene									-	-		
Lutein + zeaxanthin			-		-				-	-		
Vitamin E (alpha-tocopherol)	• •											
Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta. mg Tocopherol, gamma. mg Tocopherol, delta. mg												
Tocopherol, beta												
Tocopherol, gammamg Tocopherol, deltamg			2.23		-	-	•		- 300	3.00		
Tocopherol, deltamg	•											
•												
Tocotrienol, alphamg	•											
Focotrienol, beta	=											

Amino Acids:

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.0 1 0.0 0.0 Vitamin D (D2 + D3).....µg 0 AS 3 Α 1 z 0 7 0.0 Vitamin K (phylloquinone)......µg 0.0 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.118 0 NC 4 0.126 0.008 0.000 0.000 15 1 0.000 4:0.....g Α 0.000 0.000 0.000 15 0.000 0.000 6:0.....g Α 1 8:0.....g 0.000 0.000 15 1 0.000 0.000 0.000 15 0.000 1 0.000 0.000 10:0.....g Α 0.000 0.000 15 А 1 0.000 0.000 13:0.....g 0.000 0.000 15 1 0.000 0.000 14:0.....g 0.000 0.000 15 0.000 0.000 1 Α 15:0.....g 0.082 0.012 15 А 1 0.088 0.006 0.000 0.000 15 0.000 0.000 17:0.....g Α 1 0.004 15 18:0.....g 0.036 Α 1 0.038 0.002 0.000 0.000 15 Α 1 0.000 0.000 20:0.....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 0.000 15 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 0.125 0 NC 4 0.134 0.009 0.000 0.000 15 A 1 0.000 0.000 14:1.....g 0.000 0.000 15 A 1 0.000 0.000 0.000 15 0.000 Α 1 0.000 0.000 0.000 15 0.000 Α 1 0.000 0.000 18:1 undifferentiated......g 0.125 0.021 15 AS 1 0.134 0.009 0.125 0.021 15 Α 1 0.134 0.009 18:1 c.....g 18:1 t......g 0.000 0.000 15 Α 1 0.000 0.000 18:1-11 t (18:1t n-7)......g 0.000 15 20:1.....g 0.000 1 0.000 0.000 0.000 15 22:1 undifferentiated......g 0.000 Α 1 0.000 0.000 0.045 0 0.048 0.003 Fatty acids, total polyunsaturated......g NC 4 0.045 0.006 15 1 0.003 18:2 undifferentiated.....g AS 0.048 0.045 0.006 15 0.048 18:2 n-6 c,c....g Α 1 0.003 18:2 CLAs......g 0.000 0.000 15 1 0.000 0.000 18:2 t,t.....g Α 18:2 i.....g 18:2 t not further defined Q 0.000 18:3 undifferentiated......g 0.000 0.000 15 AS 1 0.000 0.000 15 0.000 А 1 0.000 0.000 18:3 n-6 c,c,c.....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 15 0.000 1 0.000 0.000 18:3i......g Α 0.000 15 18:4.....g 0.000 Α 1 0.000 0.000 0.000 0.000 15 Α 1 0.000 0.000 20:3 undifferentiated......g 0.000 0.000 15 Α 1 0.000 0.000 20:3 n-3.....g 20:3 n-6.....g 0.000 0.000 15 1 20:4 undifferentiated.....g 0.000 0.000 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 15 1 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 15 0.000 0.000 22:6 n-3 (DHA)......g 0.000 Α 1 0.000 0 NC 4 0.000 0.000 Fatty acids, total trans-monoenoic......g 0.000 0 NC 4 0.000 0.000 0.000 0 NC 4 0.000 0.000 Fatty acids, total trans-polyenoic.......g 0 1 Cholesterol....mg 0 0 0 Phytosterols.....mg

	Amount in	100 gram s	of edi	<u>n</u>	Amount in edible portion of commo			
		Numbe	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tryptophang	1.427	0	A	1		1.527	0.100	
Threonineg	3.629	0	A	1		3.883	0.254	
Isoleucineg	4.411	0	A	1		4.719	0.309	
Leucineg	7.358	0	A	1		7.873	0.515	
Lysineg	5.901	0	A	1		6.314	0.413	
Methionineg	2.991	0	A	1		3.201	0.209	
Cystineg	2.212	0	A	1		2.367	0.155	
Phenylalanineg	5.129	0	A	1		5.488	0.359	
Tyrosineg	3.414	0	A	1		3.653	0.239	
Valineg	5.725	0	A	1		6.126	0.401	
Arginineg	4.888	0	A	1		5.230	0.342	
Histidineg	2.050	0	A	1		2.193	0.143	
Alanineg	5.126	0	A	1		5.485	0.359	
Aspartic acidg	9.139	0	A	1		9.779	0.640	
Glutamic acidg	11.656	0	A	1		12.472	0.816	
Glycineg	3.047	0	A	1		3.260	0.213	
Prolineg	3.238	0	A	1		3.464	0.227	
Serineg	6.159	0	A	1		6.590	0.431	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 107g: 1 cup, sifted

Measure 2 = 7.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am oun</u>	t in 100 gra	ams of	f edil	ole portion	Amount in e	dible portion	of common
			Num	ber				easures of fo	
					eriv	Source Confidence			
Nutrients and U	nits	Mean Std	Error Poi				Measure 1	Measure 2	Measure
			-						
Proximates:									
Water		87.57	0.124		A	1	28.90	212.78	
Energy		52		0	NC	4	17	126	
Energy		216		0	NC	4	71	526	
Protein (N x 6.25)	-	10.90		12	A	1	3.60	26.48	
Total lipid (fat)		0.17		12	A	1	0.06	0.41	
Ash		0.63	0.029	12	A	1	0.21	1.54	
Carbohydrate, by difference		0.73		0	NC	4	0.24	1.79	
Fiber, total dietary		0.0		0	Z	7	0.0	0.0	
Sugars, total		0.71		1	A	1	0.24	1.73	
Sucrose	g	0.07		1	A	1	0.02	0.18	
Glucose (dextrose)		0.34		1	A	1	0.11	0.83	
Fructose		0.07		1	A	1	0.02	0.18	
Lactose		0.07		1	A	1	0.02	0.18	
Maltose		0.07		1	A	1	0.02	0.18	
Galactose		0.07		1	A	1	0.02	0.18	
Starch	g								
<u> Iinerals:</u>									
Calcium, Ca	-	7	0.320		A	1	2	16	
Iron, Fe		0.08	0.004		A	1	0.03	0.19	
Magnesium, Mg	_	11	0.178		A	1	4	26	
Phosphorus, P		15	0.409		A	1	5	36	
Potassium, K		163		12	A	1	54	395	
Sodium, Na		166	1.842		A	1	55	404	
Zinc, Zn		0.03	0.004		A	1 1	0.01	0.07	
Copper, Cu		0.023 0.011	0.002	12	A A	1	0.008 0.004	0.056 0.027	
Selenium, Se		20.0	5.364	4	A	1	6.6	48.7	
itamins:									
Vitamin C, total ascorbic acid	mg	0.0		1	A	1	0.0	0.0	
Thiamin	_	0.004		1	A	1	0.001	0.009	
Riboflavin	-	0.439	0.008	12	A	1	0.145	1.066	
Niacin	mg	0.105	0.002	4	A	1	0.035	0.254	
Pantothenic acid	mg	0.190		1	A	1	0.063	0.461	
Vitamin B-6	mg	0.005		1	A	1	0.002	0.013	
Folate, total	µg	4	0.000	4	A	1	1	11	
Folic acid	µg	0		0	Z	7	0	0	
Folate, food	µg	4	0.000	4	A	1	1	11	
Folate, DFE	µg	4		0	NC	4	1	11	
Choline, total	mg	1.1	0.129	4	AS	1	0.4	2.8	
Betaine	mg	0.3	0.047	4	A	1	0.1	0.8	
Vitamin B-12		0.09	0.000	4	A	1	0.03	0.22	
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	
Vitamin A, RAE		0		0	AS	1	0	0	
Retinol	µg	0		0	Z	7	0	0	
Carotene, beta		0		0	Z	7	0	0	
Carotene, alpha		0		0	Z	7	0	0	
Cryptoxanthin, beta		0		0	Z	7	0	0	
Vitamin A, IU		0		0	AS	1	0	0	
Lycopene		0		0	z	7	0	0	
Lutein + zeaxanthin		0		0	Z	7	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7	0.00	0.00	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha	9								

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, gamma.....mg Tocotrienol, delta.....mg Vitamin D (D2 + D3)......µg 0.0 0 7 0.0 0.0 Vitamin D.....IU 0 т 4 0 0 Vitamin K (phylloquinone)......µg 0.0 1 А 1 0.0 0.0 0.0 1 0.0 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: 0.000 0 1 0.000 0.000 Fatty acids, total saturated...... 0.000 0.000 0.000 4:0.....g 0 4 6:0.....g 0.000 0 4 0.000 0.000 0.000 0 0.000 0.000 4 8:0.....g 0.000 0 4 0.000 0.000 0.000 0 4 0.000 0.000 13:0.....g 0.000 0 0.000 0.000 4 14:0.....g 0.000 0.000 0.000 16:0......g 17:0.....g 0.000 0.000 0.000 20:0.....g 22:0.....g 24:0......g Fatty acids, total monounsaturated......g 0.000 0 1 0.000 0.000 14:1.....g 16:1 undifferentiated......g 0.000 0 0.000 0.000 17:1.....g 18:1 undifferentiated......g 0.000 0 4 0.000 0.000 0.000 0.000 0 0.000 20:1.....g 4 0.000 0 4 0.000 0.000 22:1 undifferentiated......g 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 1 0.000 0.000 18:2 undifferentiated......g 0.000 0 4 0.000 0.000 18:3 undifferentiated......g 0.000 0 4 0.000 0.000 0.000 0 4 18:4.....g 0.000 0.000 20:2 n-6 c,c.....g 20:3 undifferentiated......g 20:4 undifferentiated......g 0.000 0 4 0.000 0.000 20:5 n-3 (EPA).....g 0.000 0.000 0.000 21:5.....g 22:4.....g 0.000 0 4 0.000 0.000 22:5 n-3 (DPA).....g 0.000 4 0.000 0.000 22:6 n-3 (DHA)......g 0 Fatty acids, total trans......g 0 1 0 0 Cholesterol....mg Phytosterols....mg Amino Acids: Tryptophan.....g 0.125 0.041 0.304 0 1 Α Threonine.....g 0.449 0 Α 1 0.148 1.090 0.661 0.218 1,607 Isoleucine.....g 0 1 Α 1.016 0 Α 1 0.335 2.469 Leucine.....g 0.806 0 1 0.266 Α 1,959 Lysine....g 0.399 0 0.132 0.969 Methionine.....g Α 1 0.287 0 1 0.095 0.698 Cystine.....g Α 0.686 0 Α 1 0.227 1.668 Phenylalanine.....g 0 1 Tyrosine.....g 0.457 А 0.151 1,110 0.809 0 Α 1 0.267 1.966 Valine.....g Arginine......g 0.648 0 Α 1 0.214 1.575 0.290 0 A 1 0.096 0.705 Histidine.....g 0 0.232 0.704 А 1 Alanine.....g 1.710 Aspartic acid......g 1.220 0 А 1 0.403 2.965 0.511 1.550 0 1 Α 3.766

	<u>Am ou</u>	ınt in 100	0grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean St		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Glycineg	0.413		0	A	1		0.136	1.004	
Prolineg	0.435		0	A	1		0.144	1.057	
Serineg Hydroxyprolineg	0.798		0	A	1		0.263	1.939	
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 33g: 1 large Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100	gram	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
			N	um be	r				easures of fo		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	88.17	, 0.07	3 15	A	1		24.69			
Energy		48	0.07	0	NC	4		14			
Energy		202		0	NC	4		57			
Protein (N x 6.25)		10.20	0 11	4 15	A	1		2.86			
Total lipid (fat)		0.00			DA	1		0.00			
Ash		0.60		5 15	A	1		0.17			
Carbohydrate, by difference	_	1.04		0	NC	4		0.29			
Fiber, total dietary		0.0	•	0	Z	7		0.29			
Sugars, total		0.25	0.01		A	1		0.07			
•		0.00			A	1		0.00			
Sucrose		0.25			A	1		0.07			
Glucose (dextrose)		0.00			A	1		0.00			
Fructose		0.00			A	1		0.00			
Lactose		0.00			A	1		0.00			
Maltose		0.00			A	1		0.00			
Galactose		0.00	0.00	0 15	A			0.00			
Minerals:	5										
Calcium, Ca	ma	8	0.43	4 15	A	1		2			
Iron, Fe	-	0.04			A	1		0.01			
Magnesium, Mg		11		3	A	1		3			
Phosphorus, P		13		3	A	1		4			
Potassium, K		169		3	A	1		47			
Sodium, Na		169	1.84	6 15	A	1		47			
Zinc, Zn	mg	0.07	,	3	A	1		0.02			
Copper, Cu	mg	0.03	32	3	A	1		0.009			
Manganese, Mn	mg	0.00	7	2	A	1		0.002			
Selenium, Se	µg	9.2		3	A	1		2.6			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.00	0 15	A	1		0.0			
Thiamin	mg	0.02	23	3	A	1		0.007			
Riboflavin	mg	0.42	23	3	A	1		0.119			
Niacin	mg	0.09	3	3	A	1		0.026			
Pantothenic acid	mg	0.14		3	A	1		0.041			
Vitamin B-6	mg	0.00	0.00		A	1		0.001			
Folate, total		10		3	A	1		3			
Folic acid		0		0	Z	7		0			
Folate, food		10		3	A	1		3			
Folate, DFE		10		0	NC	4		3			
Choline, total	-	2.5		3	A	1		0.7			
Betaine	-	<u>.</u>			_	_					
Vitamin B-12		0.03		9 15	A	1		0.01			
Vitamin B-12, added		0.00)	0	Z	7		0.00			
Vitamin A, RAE		0	2 22	0	AS	1		0			
Retinol		0	0.00	0 15	A	1		0			
Carotene, beta		0		3 0	A	1 4		0			
Carotene, alpha		0		0	BFZN BFZN	4		0			
Cryptoxanthin, beta		0		0		1		0			
Vitamin A, IU		0		0	AS BFZN	4		0			
Lycopene		20		3	BFZN A	1		6			
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.00	1	3	A	1		0.00			
		0.00		0	Z	7		0.00			
Vitamin E, added		0.00	,	U	4	,		0.00			
Tocopherol, gamma											
Tocopherol, gamma Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, aipna											
LIGORIGIO DELA	11.19										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.0 15 1 0.0 Vitamin D (D2 + D3).....µg AS 3 A 1 0 BFZN 4 0.0 Vitamin K (phylloquinone)......µg 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.000 0 NC 4 0.000 0.000 0.000 15 1 4:0.....g Α 0.000 0.000 0.000 15 0.000 6:0.....g Α 1 8:0.....g 0.000 0.000 15 1 0.000 0.000 15 0.000 1 0.000 10:0.....g Α 0.000 0.000 15 А 1 0.000 13:0.....g 0.000 0.000 15 1 0.000 14:0.....g 0.000 0.000 15 0.000 1 Α 15:0.....g 0.000 0.000 15 А 1 0.000 0.000 0.000 15 0.000 17:0.....g Α 1 0.000 15 18:0.....g 0.000 Α 1 0.000 0.000 0.000 15 Α 1 0.000 20:0.....g 0.000 0.000 15 А 1 0.000 0.000 0.000 15 0.000 Α 24:0......g 1 Fatty acids, total monounsaturated......g 0.000 0 7. 7 0.000 0.000 0.000 15 A 1 0.000 14:1.....g 0.000 15 0.000 A 1 0.000 0.000 15 16:1 undifferentiated......g 0.000 Α 1 0.000 0.000 15 0.000 Α 1 0.000 17:1.....g 18:1 undifferentiated......g 0.000 0 Z 7 0.000 0.000 15 0.000 Α 1 0.000 20:1.....g 22:1 undifferentiated......g 0.000 0.000 15 Α 1 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 NC 4 0.000 0.000 15 0.000 18:2 undifferentiated......g AS 1 0.000 0.000 0.000 15 18:2 n-6 c,c....g А 0.000 18:2 CLAs.....g 0.000 0.000 15 1 18:2 t,t.....g Α 0.000 18:2 i.....g 18:2 t not further defined......g 0.000 0.000 15 0.000 18:3 undifferentiated......g AS 1 18:3 n-3 c,c,c (ALA)......g 0.000 0.000 15 A 1 0.000 0.000 0.000 15 А 1 0.000 18:3 n-6 c,c,c.....g 0.000 15 0.000 Α 1 0.000 18:3i......g 0.000 15 0.000 Α 1 0.000 18:4.....g 0.000 0.000 15 А 1 0.000 0.000 0.000 15 1 0.000 20:3 n-3.....g 20:4 undifferentiated......g 0.000 0.000 15 1 0.000 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 15 1 0.000 Α 22:4....g 22:5 n-3 (DPA)......g 0.000 0.000 15 А 1 0.000 0.000 0.000 15 0.000 1 22:6 n-3 (DHA)......g Α 0.000 0 NC 4 0.000 0.000 0 NC 4 0.000 Fatty acids, total trans-monoenoic......g NC Fatty acids, total trans-polyenoic.......g 0.000 O 4 0.000 Cholesterol....mg z 0 Phytosterols.....mg Amino Acids: 0.176 0 1 0.049 Tryptophan.....g 0.453 0 А 1 0.127 Threonine.....g 0.559 0 Α 1 0.157

	Amount in 1	Numbe	r	_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro				Code	Measure 1	Measure 2	Measure 3
Leucine	0.936	0	A	1		0.262		
Lysineg	0.760	0	A	1		0.213		
Methionine	0.396	0	A	1		0.111		
Cystineg	0.288	0	A	1		0.081		
Phenylalanineg	0.658	0	A	1		0.184		
Tyrosineg	0.446	0	A	1		0.125		
Valine9	0.730	0	A	1		0.205		
Arginineg	0.625	0	A	1		0.175		
Histidine	0.263	0	A	1		0.074		
Alanineg	0.658	0	A	1		0.184		
Aspartic acidg	1.159	0	A	1		0.324		
Glutamic acidg	1.480	0	A	1		0.414		
Glycineg	0.391	0	A	1		0.109		
Prolineg	0.409	0	A	1		0.115		
Serineg	0.797	0	A	1		0.223		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100	grams	of edi	ble porti	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of fo	od_	
						Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	69.47	7	0	RA	4		31.96			
Energy	-	196	,	0	NC	4		90			
				0		4		378			
Energy		821 13.61		0	NC	4		6.26			
Protein (N x 6.25)	-				RA						
Total lipid (fat)		14.84		0	RA	4		6.82			
Ash	-	1.26		-	RA	4		0.58			
Carbohydrate, by difference		0.83	3	0	RA	4		0.38			
Fiber, total dietary		0.0	_	•	RA	4		0.0			
Sugars, total		0.40		0	RA	4		0.19			
Sucrose		0.00		0	RA	4		0.00			
Glucose (dextrose)		0.40		0	RA	4		0.19			
Fructose	g	0.00		0	RA	4		0.00			
Lactose		0.00		0	RA	4		0.00			
Maltose	g	0.00		0	RA	4		0.00			
Galactose	g	0.00)	0	RA	4		0.00			
Starch	g										
Minerals:											
Calcium, Ca	•	62		0	RA	4		29			
Iron, Fe	_	1.89	9	0	RA	4		0.87			
Magnesium, Mg		13		0	RA	4		6			
Phosphorus, P		215		0	RA	4		99			
Potassium, K	_	152		0	RA	4		70			
Sodium, Na	_	207	_	0	RA	4		95			
Zinc, Zn		1.39		0	RA	4		0.64			
Copper, Cu		0.07		0	RA	4		0.036			
Manganese, Mn Selenium, Se		0.03 33.1	30	0 0	RA RA	4 4		0.014 15.2			
	µ9	33.1		U	KA	-		13.2			
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	RA	4		0.0			
Thiamin	_	0.04	14	0	RA	4		0.020			
Riboflavin	_	0.49		0	RA	4		0.228			
Niacin	_	0.08		0	RA	4		0.038			
Pantothenic acid	_	1.66		0	RA	4		0.764			
Vitamin B-6		0.18		0	RA	4		0.085			
Folate, total	_	51		0	RA	4		23			
Folic acid		0		0	RA	4		0			
Folate, food		51		0	RA	4		23			
Folate, DFE		51		0	NC	4		23			
Choline, total		317.1		0	RA	4		145.9			
Betaine		0.3		0	RA	4		0.1			
Vitamin B-12	_	0.97	7	0	RA	4		0.45			
Vitamin B-12, added		0.00		0	RA	4		0.00			
Vitamin A, RAE		219		0	RA	4		101			
Retinol		216		0	RA	4		99			
Carotene, beta		35		0	RA	4		16			
Carotene, alpha		0		0	RA	4		0			
Cryptoxanthin, beta		10		0	RA	4		5			
Vitamin A, IU		787		0	RA	4		362			
Lycopene		0		0	RA	4		0			
Lutein + zeaxanthin	· -	543		0	RA	4		250			
Vitamin E (alpha-tocopherol)		1.31	1	0	RA	4		0.60			
Vitamin E, added		0.00		0	RA	4		0.00			
Tocopherol, beta		0.02		0	RA	4		0.01			
Tocopherol, gamma		0.54		0	RA	4		0.25			
Tocopherol, delta		0.06		0	RA	4		0.03			
Tocotrienol, alpha		0.00		0	RA	4		0.03			
Tocotrienol, beta		0.00		0	RA	4		0.00			

	<u>Ar</u>	nount in 10	0 grams	of edil	ble portion	<u>1</u>	Amount in e	edible portion o	f common
			Number					easures of foo	
			of Data		Source C	onfidence			
N utrients and U nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ma 0.0	11	0	RA	4		0.00		
Tocotrienol, delta	0		0	RA	4		0.00		
Vitamin D (D2 + D3)	-	2	0	RA	4		1.0		
Vitamin D2 (ergocalciferol)	μg								
Vitamin D3 (cholecalciferol)		2	0	RA	4		1.0		
Vitamin D			0	RA	4		41		
Vitamin K (phylloquinone)			0	RA	4		2.6		
Dihydrophylloquinone		L	0	RA	4		0.0		
Menaquinone-4	μg								
Lipids:									
Fatty acids, total saturated	g 4.:	323	0	RA	4		1.989		
4:0	g 0.0	004	0	RA	4		0.002		
6:0	•	000	0	RA	4		0.000		
8:0	g 0.0	004	0	RA	4		0.002		
10:0	g 0.0	006	0	RA	4		0.003		
12:0	g 0.0	000	0	RA	4		0.000		
13:0	g								
14:0	=		0	RA	4		0.022		
15:0	=		0	RA	4		0.004		
16:0	-		0	RA	4		1.359		
17:0	-		0	RA	4		0.011		
18:0			0	RA	4		0.583		
20:0	=		0	RA	4		0.001		
22:0	=		0	RA	4		0.002		
24:0			0	RA	4		0.000		
Fatty acids, total monounsaturated			0	RA	4		2.844		
14:1	=		0	RA	4		0.003		
15:1	=		0	RA	4		0.000		
16:1 undifferentiated			0	RA	4		0.105		
17:1			0	RA	4		0.006		
18:1 undifferentiated	=		0	RA	4 4		2.716		
20:1 22:1 undifferentiated	-		0	RA	4		0.013		
24:1 c	-		0	RA RA	4		0.000		
Fatty acids, total polyunsaturated	•		0	RA RA	4		1.495		
18:2 undifferentiated			0	RA RA	4		1.279		
18:3 undifferentiated			0	RA	4		0.063		
18:4	=		0	RA	4		0.000		
20:2 n-6 c.c	=		0	RA	4		0.009		
20:3 undifferentiated	•		0	RA	4		0.012		
20:4 undifferentiated	•		0	RA	4		0.094		
20:5 n-3 (EPA)	•		0	RA	4		0.000		
21:5									
22:4		014	0	RA	4		0.007		
22:5 n-3 (DPA)		007	0	RA	4		0.003		
22:6 n-3 (DHA)		063	0	RA	4		0.029		
Fatty acids, total trans		141	0	RA	4		0.019		
Cholesterol			0	RA	4		185		
Phytosterols	mg 8		0	RA	4		4		
Amino Acida									
Amino Acids:	α 0.3	L81	0	RA	4		0.083		
Tryptophan Threonine	•		0	RA RA	4		0.083		
	•		0	RA RA	4		0.335		
IsoleucineLeucine	•		0	RA RA	4		0.542		
Lysine	•		0	RA RA	4		0.455		
Methionine	•		0	RA RA	4		0.189		
Cystine	•	294	0	RA RA	4		0.135		
Phenylalanine	0		0	RA	4		0.339		
Tyrosine	•		0	RA	4		0.249		
Valine	•		0	RA	4		0.428		
Arginine	•		0	RA	4		0.408		
Histidine	•		0	RA	4		0.154		
	-								

	Am	ount in 10	0 grams	of edi	<u>n</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Alanineg	0.79	05	0	RA	4		0.366		
Aspartic acidg	1.43	88	0	RA	4		0.661		
Glutamic acidg	1.81	.7	0	RA	4		0.836		
Glycineg	0.46	57	0	RA	4		0.215		
Prolineg	0.55	8	0	RA	4		0.256		
Serineg	1.05	51	0	RA	4		0.484		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RA	4		0.0		
Caffeinemg	0		0	RA	4		0		
Theobrominemg	0		0	RA	4		0		

Common Measures:

Measure 1 = 46g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:12% Shell

		Amou	ınt in 100 g	rams	or ean	ole portioi	<u>1</u>	Amount in edible portion of common			
			Nu	m be i	r			<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source C	onfidence				
Nutrients and Un	its	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
nationio and on		ou.i						mousure i	modearo 2	modou. o	
Proximates:											
Water	g	74.62	0.140	14		1		101.48	6.34	37.31	
Energy		155		0	NC	4		211	13	78	
Energy	kJ	649		0		4		882	55	324	
Protein (N x 6.25)	g	12.58	0.180	14		1		17.11	1.07	6.29	
Total lipid (fat)	g	10.61	0.050	7		1		14.43	0.90	5.31	
Ash	g	1.08	0.022	14		1		1.47	0.09	0.54	
Carbohydrate, by difference	g	1.12		0	NC	4		1.52	0.10	0.56	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0	
Sugars, total	g	1.12		0	NR	4		1.52	0.10	0.56	
Starch	g										
Minerals:											
Calcium, Ca	<u>mg</u>	50	0.650	14		1		68	4	25	
Iron, Fe	-	1.19	0.047			1		1.62	0.10	0.60	
Magnesium, Mg		10	0.275			1		14	1	5	
Phosphorus, P	-	172	3.551			1		234	15	86	
Potassium, K	-	126	2.228			1		171	11	63	
Sodium, Na	-	124	1.845			1		169	11	62	
Zinc, Zn	-	1.05	0.047			1		1.43	0.09	0.53	
Copper, Cu		0.013	0.000			1 1		0.018	0.001	0.00	
Manganese, Mn Selenium, Se		0.026 30.8	0.001 1.160		A	1		0.035 41.9	0.002 2.6	0.01 15.4	
Selenium, Se	µу	30.0	1.100	03	Α	_		41.9	2.0	13.4	
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		2		1		0.0	0.0	0.0	
Thiamin	-	0.066	0.003			1		0.090	0.006	0.03	
Riboflavin	-	0.513	0.010			1		0.698	0.044	0.25	
Niacin	-	0.064	0.002			1		0.087	0.005	0.03	
Pantothenic acid	-	1.398	0.028			1		1.901	0.119	0.69	
Vitamin B-6	-	0.121	0.003			1 1		0.165	0.010 4	0.06	
Folate, total		44 0	2.248	14 0	z	7		60 0	0	22 0	
		44	2.248		4	1		60	4	22	
Folate, foodFolate. DFE		44	2.240	0	NC	4		60	4	22	
Choline, total		293.8		0	BFZN	4		399.5	25.0	146.9	
Betaine	-	0.6	0.033		A	1		0.8	0.0	0.3	
Vitamin B-12		1.11	0.060		A	1		1.51	0.09	0.56	
Vitamin B-12, added		0.00	01000	0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		149		0	NC	4		203	13	75	
Retinol		148		0	BFFN	4		201	13	74	
Carotene, beta		11		0	BFFN	4		15	1	5	
Carotene, alpha		0		0	BFFN	4		0	0	0	
Cryptoxanthin, beta		10		0	BFFN	4		13	1	5	
Vitamin A, IU		520		0	NC	4		707	44	260	
Lycopene		0		0	BFFN	4		0	0	0	
Lutein + zeaxanthin	µg	353		0	BFFN	4		481	30	177	
Vitamin E (alpha-tocopherol)	mg	1.03		0	BFFN	4		1.40	0.09	0.52	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta				^		1		2.0	2 2		
Vitamin D (D2 + D3)		2.2		0	AS	1		3.0	0.2	1.1	
Vitamin D		87		0	0	4		118	7	44	
Vitamin K (phylloquinone)		0.3		0	BFFN	4		0.4	0.0	0.2	
Dihydrophylloquinone	µy										

	<u>Am</u>	ount in 10	0 grams	of edi	ble portion	Amount in	edible portion	of common
			Number				easures of foo	
					Source Confidence			
Nutrients and Units	Mean	Std. Error			Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	2.0	C.F.	•					1 634
Fatty acids, total saturated	0.0		0		1	4.443 0.000	0.278 0.000	1.634 0.000
6:0	0.0		0		1	0.000	0.000	0.000
8:0g	0.0		37		1	0.004	0.000	0.002
10:0g	0.0	03	37		1	0.004	0.000	0.002
12:0g	0.0	03	37		1	0.004	0.000	0.002
13:0g	0.0	25	37		1	0.040	0.003	0.018
14:0g 15:0g	0.0.	33	37		1	0.048	0.003	0.018
16:0g	2.3	49	37		1	3.195	0.200	1.175
17:0g								
18:0g	0.8	28	37		1	1.126	0.070	0.414
20:0g 22:0g								
22:0g 24:0g								
Fatty acids, total monounsaturatedg	4.0	77	0		1	5.545	0.347	2.039
14:1g								
15:1g								
16:1 undifferentiatedg	0.3	10	37		1	0.422	0.026	0.155
17:1	3.7	25	37		1	5.066	0 217	1.863
20:1	0.0		37		1	0.041	0.317 0.003	0.015
22:1 undifferentiatedg	0.0		37		1	0.004	0.000	0.002
24:1 cg								
Fatty acids, total polyunsaturatedg	1.4	14	0		1	1.923	0.120	0.707
18:2 undifferentiatedg	1.18		37		1	1.616	0.101	0.594
18:3 undifferentiated	0.0		37 0		1	0.048	0.003	0.018
18:4g 20:2 n-6 c,cg	0.0	00	U		1	0.000	0.000	0.000
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.1	49	37		1	0.203	0.013	0.075
20:5 n-3 (EPA)g	0.0	05	37		1	0.007	0.000	0.003
21:5g								
22:4g	0.0	00	0		1	0.000	0.000	0.000
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.0		37		1	0.052	0.003	0.019
Fatty acids, total trans						*****	******	
Cholesterolmg	373		0	0	4	507	32	187
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.1	53	0		1	0.208	0.013	0.077
Threonineg	0.6	04	0		1	0.821	0.051	0.302
Isoleucineg	0.6		0		1	0.933	0.058	0.343
Leucineg	1.0		0		1	1.462	0.091	0.538
Lysineg Methionineg	0.9		0		1	1.229 0.533	0.077 0.033	0.452 0.196
Cystineg	0.2		0		1	0.397	0.035	0.146
Phenylalanineg	0.6		0		1	0.908	0.057	0.334
Tyrosineg	0.5	13	0		1	0.698	0.044	0.257
Valineg	0.7		0		1	1.043	0.065	0.384
Arginineg	0.7		0		1	1.027	0.064	0.378
Histidine	0.2		0		1	0.405	0.025	0.149
Alanine	0.70 1.20		0		1	0.952 1.719	0.060 0.107	0.350 0.632
Glutamic acidg	1.6		0		1	2.236	0.140	0.822
Glycine	0.4		0		1	0.575	0.036	0.212
Prolineg	0.5	01	0		1	0.681	0.043	0.251
Serineg	0.9	36	0		1	1.273	0.080	0.468
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0		0	Z	7	0.0	0.0	0.0
Caffeinemg	0		0	Z	7	0	0	0

NDB No. 01129

Egg, whole, cooked, hard-boiled

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, chopped

Measure 2 = 8.5g: 1 tbsp Measure 3 = 50g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Nutrients and Units Nean Std. Error Points Code Code Code Neasure 1 Neasure 1 Neasure 1 Neasure 1 Neasure 1 Neasure 1 Neasure 2 Neasure 2 Neasure 3 Neasure 3 Neasure 3 Neasure 4 Neasure 4 Neasure 5 Neasure 5 Neasure 6 Neas			<u>Am</u>	ount in 100	grams	of edi	ole porti	<u>on</u>	Amount in edible portion of common			
Proximates				1	Number				measures of food			
Proximates: Valuer					of Data	Deriv	Source	Confidence				
Water.	Nutrients and Un	nits	Mean						Measure 1	Measure 2	Measure	
Water	avimatas.											
Energy		g	76.1	3	0	RA	4		11.42	46.44		
Energy												
Protein (N x 6.25)			643		0	NC	4		96	392		
Total lipid (fal)	•		10.5	7	0	RA	4		1.59	6.45		
Ash			11.6	6	0	RA	4		1.75	7.11		
Fiber, total dietary.	• ' '		1.0	1	0	RA	4		0.15	0.61		
Fiber, total dietary.	Carbohydrate, by difference	g	0.6	4	0	RA	4		0.10	0.39		
Sugars, total	•		0.0		0	RA	4		0.0	0.0		
Sucrose			0.3	1	0	RA	4		0.05	0.19		
Gilcose (destrose)	<u> </u>		0.0	0	0	RA	4		0.00	0.00		
Fructose.			0.3	1	0	RA	4		0.05	0.19		
Lactose			0.0	0	0	RA	4		0.00	0.00		
Maltose g 0.00 0 RA 4 0.00 0 Starch g 0 0.00 0 RA 4 0.00 0 Starch g Minerals: Calcium, Ca mg 48 0 RA 4 0.22 0 Magnessium, Mg mg 1.48 0 RA 4 0.22 0 Magnessium, Mg mg 1.67 0 RA 4 25 10 Potassium, K mg 1.17 0 RA 4 23 39 Zinc, Zn mg 1.09 0 RA 4 0.16 0 0 RA 4 0.16 0 0 RA 4 0.00 0 RA 4 0.00 0			0.0	0	0	RA	4		0.00	0.00		
Galactose			0.0	0	0	RA	4		0.00	0.00		
Minerals: Calcium, Ca.	Galactose	g	0.0	0	0	RA	4		0.00	0.00		
Calcium, Ca												
Iron, Fe. mg 1.48 0 RA 4 0.22 0 Magnesium, Mg. mg 11 0 RA 4 25 100 Phosphorus, P. mg 167 0 RA 4 25 100 Potassim, K. mg 117 0 RA 4 18 77 Sodium, Na. mg 1.55 0 RA 4 0.16 6 Copper, Cu. mg 1.09 0 RA 4 0.16 6 Copper, Cu. mg 0.063 0 RA 4 0.09 6 Alagares, Mn. mg 0.063 0 RA 4 0.00 6 Selenium, Se. µg 25.8 0 RA 4 0.00 6 Vitaminis: Ng 0.0 0 RA 4 0.00 6 Vitaminis: mg 0.034 0 RA 4 <td< td=""><td>inerals:</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	inerals:											
Magnesium, Mg. mg 11 0 RA 4 25 10 Phosphorus, P. mg 167 0 RA 4 25 10 Potassium, K. mg 117 0 RA 4 18 77 Sodium, Na. mg 155 0 RA 4 23 39 Zinc, Zn. mg 1.09 0 RA 4 0.16 6 Copper, Cu. mg 0.063 0 RA 4 0.009 0 Manganese, Mn. mg 0.024 0 RA 4 0.009 0 Selenium, Se. µg 2.58 0 RA 4 0.004 0 Selenium, Se. µg 0.0 0 RA 4 0.00 0 Vitaminin C, total ascorbic acid. mg 0.0 0 RA 4 0.00 0 Riboflavin. mg 0.386 0 RA		-								29		
Phosphorus, P. mg 167 0 RA 4 25 102 Potassium, K. mg 117 0 RA 4 28 72 Sodium, Na. mg 155 0 RA 4 23 39 Zinc, Zn. mg 1.09 0 RA 4 0.16 C Copper, Cu. mg 0.024 0 RA 4 0.009 C Wilamin, Se. µg 0.024 0 RA 4 0.009 0 Selenium, Se. µg 25.8 0 RA 4 0.004 C Selenium, Se. µg 0.5 C RA 4 0.00 C Vitamins: Na 4 0.00 0 RA 4 0.00 0 RA 4 0.00 <td></td> <td>-</td> <td></td> <td>8</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>0.90</td> <td></td>		-		8						0.90		
Potassium, K mg 117 0 RA 4 18 72 Sodium, Na mg 155 0 RA 4 23 94 Zine, Zn mg 1.09 0 RA 4 0.16 0 Copper, Cu mg 0.063 0 RA 4 0.009 0 Manganese, M mg 0.024 0 RA 4 0.004 0 Selenium, Se µg 25.8 0 RA 4 0.004 0 Selenium, Se µg 25.8 0 RA 4 0.004 0 Selenium, Se µg 0.0 0 RA 4 0.0 0 Vitamins: 0 0 0 RA 4 0.0 0 0 0 RA 4 0.0 0 0 0 RA 4 0.058 0 0 0 RA 4 0.010 0					-					6		
Sodium, Na. mg 155 0 RA 4 23 94 Zinc, Zn. mg 1.09 0 RA 4 0.16 0 Copper, Cu. mg 0.063 0 RA 4 0.009 0 Manganese, Mn. mg 0.024 0 RA 4 0.004 0 Selenium, Se. µg 25.8 0 RA 4 0.004 0 Selenium, Se. µg 25.8 0 RA 4 0.004 0 Vitamins. Wg 0.0 0 RA 4 0.00 0 Vitamins. mg 0.034 0 RA 4 0.005 0 Niacin. mg 0.0386 0 RA 4 0.058 0 Niacin. mg 0.0644 0 RA 4 0.019 0 Vitamin B6. mg 0.1289 0 RA 4					-							
Zinc, Zn		-			•							
Copper, Cu. mg 0.063 0 RA 4 0.009 C Manganese, Mn. mg 0.024 0 RA 4 0.004 C Vitamin, Se. µg 25.8 0 RA 4 0.004 0 Vitamines: Vitamines: Vitamine, mg 0.0 0 RA 4 0.05 0 Riboflavin. mg 0.386 0 RA 4 0.055 0 Niacin. mg 0.064 0 RA 4 0.010 0 Niacin. mg 0.064 0 RA 4 0.010 0 Pantothenic acid. mg 0.143 0 RA 4 0.010 0 Vitamin B-6. mg 0.143 0 RA 4 0.021 0 Folate, Iod. µg 39 0 RA 4 6 22				•	-							
Manganese, Mn. mg 0.024 0 RA 4 0.004 0 Selenium, Se. µg 25.8 0 RA 4 0.004 0 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 RA 4 0.0 0 Thiamin. mg 0.034 0 RA 4 0.055 0 Riboflavin. mg 0.386 0 RA 4 0.058 0 Riboflavin. mg 0.386 0 RA 4 0.010 0 Niacin. mg 0.064 0 RA 4 0.010 0 Pantothenic acid. mg 1.289 0 RA 4 0.010 0 Pantothenic acid. mg 0.143 0 RA 4 0.021 0 Folate, total. µg 39 0 RA 4 0 0 Folate, total.					-					0.66		
Selenium, Se. µg 25.8 0 RA 4 3.9 15 Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 RA 4 0.00 0 Riboflavin. mg 0.386 0 RA 4 0.058 0 Niacin. mg 0.064 0 RA 4 0.010 0 Pantothenic acid. mg 0.064 0 RA 4 0.010 0 Vitamin B-6. mg 0.143 0 RA 4 0.019 0 Folate, total. µg 39 0 RA 4 0.021 0 Folate, total. µg 39 0 RA 4 6 2c Folate, total. µg 39 0 RA 4 6 2c Folate, total. µg 39 0 RA 4 6 2c Folate, total. µg										0.038 0.014		
Vitamin C, total ascorbic acid mg 0.0 0 RA 4 0.0 0 Thiamin mg 0.0344 0 RA 4 0.005 0 Riboflavin mg 0.064 0 RA 4 0.010 0 Niacin mg 0.064 0 RA 4 0.010 0 Pantothenic acid mg 1.289 0 RA 4 0.193 0 Vitamin B-6 mg 0.143 0 RA 4 0.021 0 Folate, total µg 39 0 RA 4 6 2 Folate, total µg 39 0 RA 4 6 2 Folate, total µg 0 RA 4 6 2 6 Folate, food µg 39 0 RA 4 6 2 Folate, food µg 39 0 RC 4				21						15.7		
Thiamin	tamins:											
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0		
Niacin	Гhiamin	mg	0.0	34	0	RA	4		0.005	0.021		
Pantothenic acid	Riboflavin	mg								0.235		
Vitamin B-6 mg 0.143 0 RA 4 0.021 0 Folate, total µg 39 0 RA 4 6 24 Folic acid µg 0 0 RA 4 0 0 6 24 6 10 8 4 6 24 6 10 8 4 10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		-			-					0.039		
Folate, total		•								0.787		
Folic acid		_		43	-					0.087		
Folate, food.	*				-					24		
Folate, DFE.					•					0		
Choline, total. mg 247.6 0 RA 4 37.1 155 Betaine. mg 0.2 0 RA 4 0.0 0 Vitamin B-12. µg 0.76 0 RA 4 0.11 0 Vitamin B-12, added. µg 0.00 0 RA 4 0.00 0 Vitamin A, RAE. µg 172 0 RA 4 26 10! Retinol. µg 169 0 RA 4 25 10: Carotene, beta. µg 28 0 RA 4 4 1* Carotene, alpha. µg 0 0 RA 4 0 0 Cryptoxanthin, beta. µg 8 0 RA 4 1 1* Vitamin A, IU. IU 617 0 RA 4 93 376 Lycopene. µg 0 0 RA 4		1.1			0		4		6			
Betaine					0		4		27.1	24		
Vitamin B-12. µg 0.76 0 RA 4 0.11 0 Vitamin B-12, added. µg 0.00 0 RA 4 0.00 0 Vitamin A, RAE. µg 172 0 RA 4 26 10! Retinol. µg 169 0 RA 4 25 10: Carotene, beta. µg 28 0 RA 4 4 1* Carotene, alpha. µg 0 0 RA 4 0 0 Cryptoxanthin, beta. µg 8 0 RA 4 1 1 1 Vitamin A, IU. "U 617 0 RA 4 93 376 Lycopene. "µg 0 0 RA 4 0 0 Lutein + zeaxanthin "µg 423 0 RA 4 0.19 0 Vitamin E, added. "mg 0.00 0 RA										151.0 0.1		
Vitamin B-12, added. µg 0.00 0 RA 4 0.00 0 Vitamin A, RAE. µg 172 0 RA 4 26 103 Retinol. µg 169 0 RA 4 25 103 Carotene, beta. µg 28 0 RA 4 4 1° Carotene, alpha. µg 0 0 RA 4 0 0 Cryptoxanthin, beta. µg 8 0 RA 4 1 1 1 Vitamin A, IU. "U 617 0 RA 4 93 376 Lycopene. "µg 0 0 RA 4 0 0 6 Lutein + zeaxanthin µg 423 0 RA 4 0.19 0 Vitamin E, added. "mg 0.00 0 RA 4 0.19 0										0.46		
Vitamin A, RAE µg 172 0 RA 4 26 109 Retinol µg 169 0 RA 4 25 100 Carotene, beta µg 28 0 RA 4 4 11 Carotene, alpha µg 0 0 RA 4 0 0 Cryptoxanthin, beta µg 8 0 RA 4 1 2 Vitamin A, IU IJ 617 0 RA 4 93 376 Lycopene µg 0 0 RA 4 0 0 Lutein + zeaxanthin µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol) mg 1.29 0 RA 4 0.19 0 Vitamin E, added mg 0.00 0 RA 4 0.00 0										0.00		
Retinol µg 169 0 RA 4 25 10 Carotene, beta µg 28 0 RA 4 4 1° Carotene, alpha µg 0 0 RA 4 0 0 Cryptoxanthin, beta µg 8 0 RA 4 1 1 1 Vitamin A, IU IJU 617 0 RA 4 93 376 Lycopene µg 0 0 RA 4 0 0 Lutein + zeaxanthin µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol) mg 1.29 0 RA 4 0.19 0 Vitamin E, added mg 0.00 0 RA 4 0.00 0				o .								
Carotene, beta. µg 28 0 RA 4 4 1° Carotene, alpha. µg 0 0 RA 4 0 0 Cryptoxanthin, beta. µg 8 0 RA 4 1 1 1 Vitamin A, IU. IU 617 0 RA 4 93 376 Lycopene. µg 0 0 RA 4 0 0 Lutein + zeaxanthin. µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol). mg 1.29 0 RA 4 0.19 0 Vitamin E, added. mg 0.00 0 RA 4 0.00 0					-							
Carotene, alpha										17		
Cryptoxanthin, beta. µg 8 0 RA 4 1 9 Vitamin A, IU. IV 617 0 RA 4 93 376 Lycopene. µg 0 0 RA 4 0 0 Lutein + zeaxanthin. µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol). mg 1.29 0 RA 4 0.19 0 Vitamin E, added. mg 0.00 0 RA 4 0.00 0					0					0		
Vitamin A, IU. IU 617 0 RA 4 93 376 Lycopene. µg 0 0 RA 4 0 0 Lutein + zeaxanthin. µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol). mg 1.29 0 RA 4 0.19 0 Vitamin E, added. mg 0.00 0 RA 4 0.00 0					0				1	5		
Lycopene µg 0 0 RA 4 0 0 Lutein + zeaxanthin µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol) mg 1.29 0 RA 4 0.19 0 Vitamin E, added mg 0.00 0 RA 4 0.00 0			617		0	RA	4		93	376		
Lutein + zeaxanthin. µg 423 0 RA 4 63 258 Vitamin E (alpha-tocopherol). mg 1.29 0 RA 4 0.19 0 Vitamin E, added. mg 0.00 0 RA 4 0.00 0					0					0		
Vitamin E (alpha-tocopherol)mg 1.29 0 RA 4 0.19 Vitamin E, addedmg 0.00 0 RA 4 0.00					0		4			258		
Vitamin E, addedmg 0.00 0 RA 4 0.00				9	0		4		0.19	0.79		
			0.0	0	0	RA	4		0.00	0.00		
			0.0	3	0	RA	4		0.00	0.02		
·	=		2.4	1	0	RA	4		0.36	1.47		
			0.7	4	0	RA	4		0.11	0.45		
Tocotrienol, alphamg 0.05 0 RA 4 0.01	Госоtrienol, alpha	mg	0.0	5	0	RA	4		0.01	0.03		

	<u>Am</u>	ount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	dible portion o	f common
			Num ber					easures of foo	
					Source (Confidence			_
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	1	0	RA	4		0.00	0.00	
Tocotrienol, delta		0	0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)			0	RA	4		0.3	1.1	
Vitamin D2 (ergocalciferol)									
Vitamin D3 (cholecalciferol) Vitamin D			0	RA RA	4 4		0.3 10	1.1 42	
Vitamin K (phylloquinone)			0	RA RA	4		0.7	2.7	
Dihydrophylloquinone	· -		0	RA	4		0.0	0.0	
Menaquinone-4									
Lipids:									
Fatty acids, total saturated	g 3.3	19	0	RA	4		0.498	2.025	
4:0	•		0	RA	4		0.000	0.002	
6:0	g 0.0	00	0	RA	4		0.000	0.000	
8:0	g 0.0	03	0	RA	4		0.000	0.002	
10:0	•		0	RA	4		0.001	0.003	
12:0	-	00	0	RA	4		0.000	0.000	
13:0	•	30	0	RA	4		0.005	0.010	
14:0	=		0	RA RA	4		0.005 0.001	0.018 0.005	
16:0	•		0	RA	4		0.339	1.378	
17:0	9		0	RA	4		0.003	0.013	
18:0	g 0.9	63	0	RA	4		0.144	0.587	
20:0	g 0.0	14	0	RA	4		0.002	0.009	
22:0	=		0	RA	4		0.001	0.005	
24:0			0	RA	4		0.001	0.002	
Fatty acids, total monounsaturated			0	RA RA	4 4		0.726 0.001	2.954 0.003	
15:1	=		0	RA.	4		0.001	0.000	
16:1 undifferentiated	9		0	RA	4		0.026	0.104	
17:1		12	0	RA	4		0.002	0.007	
18:1 undifferentiated	g 4.6	26	0	RA	4		0.694	2.822	
20:1	=		0	RA	4		0.004	0.018	
22:1 undifferentiated	-		0	RA	4		0.000	0.000	
24:1 c	•		0	RA RA	4 4		0.000	0.000	
Fatty acids, total polyunsaturated	•		0	RA RA	4		0.407 0.348	1.654 1.415	
18:3 undifferentiated	-		0	RA	4		0.020	0.081	
18:4	=	00	0	RA	4		0.000	0.000	
20:2 n-6 c,c	g 0.0	15	0	RA	4		0.002	0.009	
20:3 undifferentiated	-		0	RA	4		0.003	0.012	
20:4 undifferentiated			0	RA	4		0.024	0.097	
20:5 n-3 (EPA)		00	0	RA	4		0.000	0.000	
21:5		11	0	RA	4		0.002	0.007	
22:5 n-3 (DPA)	•		0	RA	4		0.001	0.004	
22:6 n-3 (DHA)	•		0	RA	4		0.007	0.030	
Fatty acids, total trans	g 0.7	09	0	RA	4		0.106	0.433	
Cholesterol			0	RA	4		47	191	
Phytosterols	mg 10		0		1		2	6	
Amino Acids:									
Tryptophan	g 0.1	40	0	RA	4		0.021	0.085	
Threonine	g 0.4	67	0	RA	4		0.070	0.285	
Isoleucine	-		0	RA	4		0.085	0.344	
Leucine			0	RA DA	4		0.137	0.557	
Lysine			0	RA RA	4 4		0.115 0.048	0.468 0.195	
Cystine	•		0	RA RA	4		0.048	0.195	
Phenylalanine	•		0	RA	4		0.086	0.349	
Tyrosine	•		0	RA	4		0.063	0.256	
Valine		22	0	RA	4		0.108	0.440	
Arginine			0	RA	4		0.103	0.421	
Histidine	g 0.2	60	0	RA	4		0.039	0.159	

	Amount in	100 grams Number	Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Err	of Data	Deriv	Source Confidence Code Code		Measure 2	Measure 3
Alonino	0.618	0	RA	4	0.093	0.377	
Alanineg Aspartic acidg	1.117	0	RA RA	4	0.093	0.682	
Glutamic acid	1.407	0	RA	4	0.211	0.858	
Glycineg	0.363	0	RA	4	0.054	0.221	
Prolineg	0.431	0	RA	4	0.065	0.263	
Serineg	0.817	0	RA	4	0.123	0.498	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	RA	4	0.0	0.0	
Caffeinemg	0	0	RA	4	0	0	
Theobrominemg	0	0	RA	4	0	0	

Common Measures:

Measure 1 = 15g: 1 tbsp Measure 2 = 61g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		Am	ount in 100	grams	<u>on</u>	Amount in edible portion of common				
			N	Num ber				m	easures of fo	o <u>d</u>
						Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	75.8	=	0	RK	4		37.93		
	-	143	•	0	NC	4		71		
Energy				0		4		299		
Energy		597		0	NC	4		6.25		
Protein (N x 6.25)	-	12.5		0	RK			4.73		
Total lipid (fat)		9.4		0	RK	4				
Ash	-	1.40		-	RK	4		0.73		
Carbohydrate, by difference		0.73	L	0	RK	4		0.36		
Fiber, total dietary		0.0	_	•	RK	4		0.0		
Sugars, total		0.3		0	RK	4		0.19		
Sucrose		0.00		0	RK	4		0.00		
Glucose (dextrose)		0.3		0	RK	4		0.19		
Fructose	g	0.00		0	RK	4		0.00		
Lactose		0.00		0	RK	4		0.00		
Maltose	g	0.00		0	RK	4		0.00		
Galactose	g	0.00	0	0	RK	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	•	56		0	RK	4		28		
Iron, Fe	_	1.7	5	0	RK	4		0.87		
Magnesium, Mg		12		0	RK	4		6		
Phosphorus, P		197		0	RK	4		99		
Potassium, K	_	138		0	RK	4		69		
Sodium, Na	_	297	_	0	RK	4		148		
Zinc, Zn		1.29		0	RK	4		0.64		
Copper, Cu		0.0		0	RK	4		0.036		
Manganese, Mn Selenium, Se		0.02 30.6	28	0	RK RK	4 4		0.014 15.3		
	µ9	30.0		Ū	, inc	*		13.3		
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		0	RK	4		0.0		
Thiamin	_	0.0	22	0	RK	4		0.016		
Riboflavin	_	0.38		0	RK	4		0.193		
Niacin	_	0.00		0	RK	4		0.032		
Pantothenic acid	_	1.5		0	RK	4		0.764		
Vitamin B-6		0.14		0	RK	4		0.072		
Folate, total	_	35		0	RK	4		17		
Folic acid		0		0	RK	4		0		
Folate, food		35		0	RK	4		17		
Folate, DFE		35		0	NC	4		17		
Choline, total		234.1		0	RK	4		117.0		
Betaine		0.3		0	RK	4		0.1		
Vitamin B-12	_	0.73	1	0	RK	4		0.36		
Vitamin B-12, added		0.00		0	RK	4		0.00		
Vitamin A, RAE		160		0	RK	4		80		
Retinol		159		0	RK	4		80		
Carotene, beta	· -	0		0	RK	4		0		
Carotene, alpha		0		0	RK	4		0		
Cryptoxanthin, beta		9		0	RK	4		5		
Vitamin A, IU		538		0	RK	4		269		
Lycopene		0		0	RK	4		0		
Lutein + zeaxanthin		501		0	RK	4		251		
Vitamin E (alpha-tocopherol)		1.04	4	0	RK	4		0.52		
Vitamin E, added		0.00		0	RK	4		0.00		
Tocopherol, beta		0.0		0	RK	4		0.01		
Tocopherol, gamma		0.50		0	RK	4		0.25		
Tocopherol, delta		0.00		0	RK	4		0.03		
-		0.00		0	RK RK	4		0.03		
Tocotrienol, alpha Tocotrienol, beta		0.00		0	RK RK	4		0.00		

	<u>Am</u>	ount in 10	0 gram s	of edil	ole portio	<u>on</u>	Amount in e	dible portion o	f common
			Number					easures of foo	
					Source (Confidence			
N utrients and U nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	1	0	RK	4		0.00		
Tocotrienol, delta	-		0	RK	4		0.00		
Vitamin D (D2 + D3)	_		0	RK	4		1.0		
Vitamin D2 (ergocalciferol) Vitamin D3 (cholecalciferol)			0	RK	4		1.0		
Vitamin D. (Cholecalchelol)			0	RK	4		41		
Vitamin K (phylloquinone)			0	RK	4		0.1		
Dihydrophylloquinone	ug 0.1		0	RK	4		0.0		
Menaquinone-4	†ā								
Lipids:									
Fatty acids, total saturated	g 3.1	13	0	RK	4		1.557		
4:0	g 0.0	04	0	RK	4		0.002		
6:0			0	RK	4		0.000		
8:0			0	RK	4		0.002		
10:0 12:0	-		0	RK RK	4 4		0.003 0.000		
13:0	=	00	U	KK.	4		0.000		
14:0	-	33	0	RK	4		0.017		
15:0	g 0.0	08	0	RK	4		0.004		
16:0	g 2.2	22	0	RK	4		1.111		
17:0	=		0	RK	4		0.011		
18:0	-		0	RK	4		0.404		
20:0	=		0	RK RK	4 4		0.001 0.002		
22:0 24:0	=		0	RK RK	4		0.002		
Fatty acids, total monounsaturated	•		0	RK	4		1.822		
14:1	•		0	RK	4		0.003		
15:1	g 0.0	00	0	RK	4		0.000		
16:1 undifferentiated			0	RK	4		0.100		
17:1			0	RK	4		0.006		
18:1 undifferentiated	-		0	RK RK	4 4		1.699 0.014		
22:1 undifferentiated	•		0	RK	4		0.000		
24:1 c	=		0	RK	4		0.000		
Fatty acids, total polyunsaturated	-	04	0	RK	4		0.952		
18:2 undifferentiated	g 1.5	49	0	RK	4		0.774		
18:3 undifferentiated	=		0	RK	4		0.024		
18:4	=		0	RK	4 4		0.000		
20:2 n-6 c,c	=		0	RK RK	4		0.009 0.012		
20:4 undifferentiated	•		0	RK	4		0.012		
20:5 n-3 (EPA)	•		0	RK	4		0.000		
21:5	g								
22:4			0	RK	4		0.007		
22:5 n-3 (DPA)			0	RK	4		0.003		
22:6 n-3 (DHA)	=		0	RK	4 4		0.029		
Fatty acids, total trans	=	36	0	RK RK	4		0.019 185		
Phytosterols	J		0	RK	4		0		
•	0								
Amino Acids:	g 0.1	66	0	RK	4		0.083		
Tryptophan Threonine	•		0	RK	4		0.277		
Isoleucine	•		0	RK	4		0.334		
Leucine	-	82	0	RK	4		0.541		
Lysine	g 0.9		0	RK	4		0.454		
Methionine	=		0	RK	4		0.189		
Cystine			0	RK	4		0.135		
Phenylalanine			0	RK RK	4 4		0.339 0.249		
TyrosineValine	-		0	RK RK	4		0.249		
Arginine	•		0	RK	4		0.409		
Histidine		08	0	RK	4		0.154		

	<u>Am o</u> ı	ınt in 10	0 gram s	Amount in edible portion of common					
			Number				<u>m</u>	easures of foo	od .
Nutrients and Units	Mean St	d. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Alanine	0.732		0	RK	4		0.366		
Aspartic acidg	1.323		0	RK	4		0.662		
Glutamic acidg	1.667		0	RK	4		0.833		
Glycineg	0.430		0	RK	4		0.215		
Prolineg	0.510		0	RK	4		0.255		
Serineg	0.967		0	RK	4		0.484		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0	RK	4		0.0		
Caffeinemg	0		0	RK	4		0		
Theobrominemg	0		0	RK	4		0		

Common Measures:

Measure 1 = 50g: 1 large

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number							measures of food			
			c	of Data	Deriv	Source	Confidence					
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water	g	76.40)	0	RA	4		46.61	10.47	168.09		
Energy	kcal	149		0	NC	4		91	20	327		
Energy	kJ	621		0	NC	4		379	85	1366		
Protein (N x 6.25)	g	9.99	9	0	RA	4		6.10	1.37	21.98		
Total lipid (fat)	g	10.98	3	0	RA	4		6.70	1.50	24.15		
Ash	g	1.01	1	0	RA	4		0.62	0.14	2.23		
Carbohydrate, by difference	g	1.61	1	0	RA	4		0.98	0.22	3.55		
Fiber, total dietary	g	0.0		0	RA	4		0.0	0.0	0.0		
Sugars, total	g	1.39	9	0	RA	4		0.85	0.19	3.05		
Sucrose	g	0.00)	0	RA	4		0.00	0.00	0.00		
Glucose (dextrose)		0.28	3	0	RA	4		0.17	0.04	0.61		
Fructose		0.00)	0	RA	4		0.00	0.00	0.00		
Lactose	g	1.11	1	0	RA	4		0.68	0.15	2.45		
Maltose		0.00)	0	RA	4		0.00	0.00	0.00		
Galactose	g	0.00)	0	RA	4		0.00	0.00	0.00		
Starch												
Minerals:												
Calcium, Ca	_	66		0	RA	4		40	9	146		
Iron, Fe	_	1.31	L	0	RA	4		0.80	0.18	2.87		
Magnesium, Mg		11		0	RA	4		7	2	25		
Phosphorus, P		165		0	RA	4		101	23	364		
Potassium, K	_	132		0	RA	4		81	18	291		
Sodium, Na	_	145	4	0	RA RA	4 4		88	20	318		
Zinc, Zn		1.04		0	RA RA	4		0.63 0.036	0.14 0.008	2.28 0.12		
Copper, Cu		0.02		0	RA RA	4		0.038	0.008	0.12		
Selenium, Se		23.5	44	0	RA	4		14.3	3.2	51.7		
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.0		0	RA	4		0.0	0.0	0.0		
Thiamin	mg	0.04	40	0	RA	4		0.024	0.005	0.08		
Riboflavin	mg	0.37	76	0	RA	4		0.230	0.052	0.82		
Niacin	mg	0.07	76	0	RA	4		0.046	0.010	0.16		
Pantothenic acid	mg	1.21	17	0	RA	4		0.742	0.167	2.67		
Vitamin B-6	mg	0.13	34	0	RA	4		0.082	0.018	0.29		
Folate, total		36		0	RA	4		22	5	79		
Folic acid		0		0	RA	4		0	0	0		
Folate, food	µg	36		0	RA	4		22	5	79		
Folate, DFE		36		0	NC	4		22	5	79		
Choline, total		221.0		0	RA	4		134.8	30.3	486.2		
Betaine	_	0.3		0	RA	4		0.2	0.0	0.7		
Vitamin B-12		0.76		0	RA	4		0.47	0.10	1.68		
Vitamin B-12, added		0.00	0	0	RA	4		0.00	0.00	0.00		
Vitamin A, RAE		161		0	RA	4		98	22	355		
Retinol		159		0	RA	4		97	22	350		
Carotene, beta		26		0	RA	4		16	4	57		
Carotene, alpha		0 7		0	RA	4		0	0	0		
Cryptoxanthin, beta				•	RA	4		4	1	15		
Vitamin A, IU		578 0		0	RA DA	4 4		353 0	79 0	1272		
Lycopene				0	RA DA					0		
Lutein + zeaxanthin		372	=	0	RA DA	4 4		227	51	819		
Vitamin E (alpha-tocopherol)		1.15		0	RA DA	4		0.70 0.00	0.16	2.53		
Vitamin E, added		0.00		0	RA RA	4		0.00	0.00	0.00		
Tocopherol, beta				0		4		1.29	0.00	0.06		
Tocopherol, gamma		2.12 0.65		0	RA RA	4		0.40	0.29	4.66		
Tocopherol, delta		0.65		0	RA RA	4		0.40	0.09 0.01	1.44 0.09		
Tocotrienol, alpha Tocotrienol, beta		0.04		0	RA RA	4		0.03	0.01	0.09		

	Amount	t in 100 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std.		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.01	0	RA	4		0.00	0.00	0.02
Tocotrienol, delta	. 0	0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)		0	RA	4		1.1	0.2	4.0
Vitamin D2 (ergocalciferol)µ								
Vitamin D3 (cholecalciferol)µ		0	RA RA	4 4		1.1 44	0.2 10	4.0 158
Vitamin D		0	RA RA	4		2.4	0.5	8.8
Dihydrophylloquinone	•	0	RA	4		0.0	0.0	0.1
Menaquinone-4		0	RA	4		0.1	0.0	0.5
Linida								
Lipids: Fatty acids, total saturatedg	3.331	0	RA	4		2.032	0.456	7.328
4:0	0.019	0	RA	4		0.012	0.003	0.042
6:0g	0.016	0	RA	4		0.010	0.002	0.036
8:0g	0.019	0	RA	4		0.012	0.003	0.042
10:0g	0.021	0	RA	4		0.013	0.003	0.045
12:0g	0.017	0	RA	4		0.010	0.002	0.037
13:0g	0.000	0	RA	4		0.000	0.000	0.000
14:0g		0	RA	4 4		0.056	0.013	0.202
15:0g 16:0g	0.007 2.170	0	RA RA	4		0.004 1.324	0.001 0.297	0.015 4.775
17:0g	0.019	0	RA	4		0.011	0.003	0.041
18:0g	0.927	0	RA	4		0.566	0.127	2.040
20:0g	0.013	0	RA	4		0.008	0.002	0.028
22:0g	0.008	0	RA	4		0.005	0.001	0.017
24:0g	0.003	0	RA	4		0.002	0.000	0.007
Fatty acids, total monounsaturatedg	4.441	0	RA	4		2.709	0.608	9.769
14:1g	0.005	0	RA	4		0.003	0.001	0.011
15:1g	0.000	0	RA	4 4		0.000	0.000	0.000
16:1 undifferentiated	0.150 0.010	0	RA RA	4		0.092 0.006	0.021 0.001	0.331 0.022
18:1 undifferentiated	4.250	0	RA	4		2.592	0.582	9.349
20:1g	0.025	0	RA	4		0.016	0.003	0.056
22:1 undifferentiatedg	0.000	0	RA	4		0.000	0.000	0.000
24:1 cg		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	2.429	0	RA	4		1.482	0.333	5.344
18:2 undifferentiated	2.067	0	RA	4		1.261	0.283	4.548
18:3 undifferentiated	0.134 0.000	0	RA RA	4 4		0.082	0.018	0.294 0.000
20:2 n-6 c,c		0	RA RA	4		0.000 0.008	0.000 0.002	0.029
20:3 undifferentiated	0.017	0	RA	4		0.010	0.002	0.023
20:4 undifferentiated	0.139	0	RA	4		0.085	0.019	0.307
20:5 n-3 (EPA)g	0.000	0	RA	4		0.000	0.000	0.000
21:5g								
22:4g		0	RA	4		0.006	0.001	0.022
22:5 n-3 (DPA)		0	RA	4		0.003	0.001	0.012
22:6 n-3 (DHA)		0	RA RA	4 4		0.026 0.381	0.006 0.085	0.095 1.373
Fatty acids, total transg Cholesteroln		0	RA	4		169	38	610
Phytosterolsn	0	0		1		6	1	22
•								
Amino Acids:	0.139	0		4		0.005	0.010	0 207
Tryptophang Threonineg		0	RA RA	4 4		0.085 0.270	0.019 0.061	0.307 0.972
Isoleucine		0	RA	4		0.325	0.073	1.171
Leucine		0	RA	4		0.525	0.118	1.894
Lysineg		0	RA	4		0.430	0.097	1.552
Methionineg		0	RA	4		0.181	0.041	0.653
Cystineg		0	RA	4		0.125	0.028	0.451
Phenylalanineg		0	RA	4		0.326	0.073	1.177
Tyrosine		0	RA	4		0.245	0.055	0.884
Valineg Arginineg		0	RA RA	4 4		0.413 0.380	0.093 0.085	1.488 1.371
Histidine		0	RA RA	4		0.380	0.034	0.539
	3.2.3	J		-		0.2.2	0.034	0.555

	Amount in	100 grams	Amount in edible portion of common				
		Number	measures of food				
Nutrients and Units	Mean Std. Err			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Alanineg	0.566	0	RA	4	0.345	0.078	1.245
Aspartic acidg	1.034	0	RA	4	0.631	0.142	2.275
Glutamic acidg	1.378	0	RA	4	0.840	0.189	3.031
Glycineg	0.335	0	RA	4	0.205	0.046	0.738
Prolineg	0.453	0	RA	4	0.276	0.062	0.996
Serineg	0.742	0	RA	4	0.452	0.102	1.632
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	RA	4	0.0	0.0	0.0
Caffeinemg	0	0	RA	4	0	0	0
Theobrominemg	0	0	RA	4	0	0	0

Common Measures:

Measure 1 = 61g: 1 large Measure 2 = 13.7g: 1 tbsp Measure 3 = 220g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common		
		Number						<u>m</u>	easures of foo	<u>od</u>	
			of	Data	Deriv	Source Confide	ence				
Nutrients and Units		Mean Std	. Error Po	ints	Code	Code Cod	le	Measure 1	Measure 2	Measure	
		Mean Old						wedsure i	Wicasure 2	Measure	
Proximates:											
Water	g	2.78	0.277	15	A	1		2.36	0.14		
Energy	kcal	592		0	NC	4		503	30		
Energy	kJ	2476		0	NC	4		2105	124		
Protein		48.05	0.440	15	A	1		40.85	2.40		
Total lipid (fat)	g	43.90	0.536	15	DA	1		37.32	2.20		
Ash	g	4.13	0.202	15	A	1		3.51	0.21		
Carbohydrate, by difference	g	1.13		0	NC	4		0.96	0.06		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.56	0.034	15	A	1		0.48	0.03		
Sucrose	g	0.00	0.000	15	A	1		0.00	0.00		
Glucose (dextrose)		0.56	0.034	15	A	1		0.48	0.03		
Fructose		0.00	0.000	15	A	1		0.00	0.00		
Lactose	g	0.00	0.000	15	A	1		0.00	0.00		
Maltose		0.00	0.000	15	A	1		0.00	0.00		
Galactose	g	0.00	0.000	15	A	1		0.00	0.00		
Starch											
linerals:											
Calcium, Ca	<u>mg</u>	244	8.775	15	A	1		208	12		
Iron, Fe		7.20	0.147	15	A	1		6.12	0.36		
Magnesium, Mg	-	34		0	BFSN	4		29	2		
Phosphorus, P		629		3	A	1		535	31		
Potassium, K		540		3	A	1		459	27		
Sodium, Na	_	476	11.738		A	1		404	24		
Zinc, Zn		3.15		3	A	1		2.68	0.16		
Copper, Cu		0.203		3	A	1 1		0.173	0.010		
Manganese, Mn Selenium, Se		0.058 164.7		3	A A	1		0.049 140.0	0.003 8.2		
itamins:											
Vitamin C, total ascorbic acid	mg	0.0	0.000	15	A	1		0.0	0.0		
Thiamin	mg	0.183		3	A	1		0.156	0.009		
Riboflavin	mg	1.977		3	A	1		1.680	0.099		
Niacin	mg	0.340		3	A	1		0.289	0.017		
Pantothenic acid	mg	5.550		3	A	1		4.717	0.277		
Vitamin B-6	mg	0.499	0.018	15	A	1		0.424	0.025		
Folate, total	µg	119		3	A	1		101	6		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	119		3	A	1		101	6		
Folate, DFE	µg	119		0	NC	4		101	6		
Choline, total	mg	1266.7		3	A	1		1076.7	63.3		
Betaine	-										
Vitamin B-12		2.96	0.291		A	1		2.51	0.15		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		300		0	AS	1		255	15		
Retinol		300	21.051		A	1		255	15		
Carotene, beta		0		3	A	1		0	0		
Carotene, alpha		0		0	BFSN	4		0	0		
Cryptoxanthin, beta		36		0	BFSN	4		30	2		
Vitamin A, IU		999		0	AS	1		849	50 0		
Lycopene		0 835		0 3	BFSN	4 1		0 710	0 42		
Lutein + zeaxanthin				0	A	4					
Vitamin E (alpha-tocopherol)		3.88 0.00		0	BFSN Z	4 7		3.30 0.00	0.19		
Vitamin E, added		0.00		U	2	,		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocopherol, delta Tocotrienol, alpha											
Focotrienol, beta											
Tocotrienol, gamma											

Amino Acids:

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 8.3 24 1 7.0 0.4 Vitamin D (D2 + D3).....µg AS 331 0 NR 4 17 282 0 BFSN Vitamin K (phylloquinone)......µg 1.2 4 0.1 1.0 Dihydrophylloquinone......µg Lipids: Fatty acids, total saturated.....g 15.069 0 NC 4 12.808 0.753 0.000 0.000 15 1 0.000 0.000 4:0.....g Α 0.000 0.000 15 0.000 0.000 6:0.....g Α 1 8:0.....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 0.000 15 0.000 1 0.000 10:0.....g Α 0.000 0.000 15 А 1 0.000 0.000 13:0.....g 0.144 0.003 15 1 0.122 0.007 14:0.....g Α 0.025 0.001 15 0.021 0.001 1 15:0.....g Α 10.811 0.167 15 А 1 9.190 0.541 0.092 0.003 15 0.078 0.005 1 Α 0.058 15 18:0.....g 3.974 Α 1 3.378 0.199 0.000 0.000 15 Α 1 0.000 0.000 20:0.....g 0.023 0.001 15 Α 1 0.020 0.001 0.000 0.000 15 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 16.726 0 NC 4 14.217 0.836 0.022 0.000 15 A 1 0.019 0.001 14:1......g 0.000 15 0.000 A 1 0.000 0.000 0.047 15 16:1 undifferentiated.......Q 0.877 Α 1 0.746 0.044 0.000 15 0.000 Α 1 0.000 0.000 18:1 undifferentiated......g 15.729 0.286 15 AS 1 13.369 0.786 0.283 15 18:1 c.....g 15.547 Α 1 13.215 0.777 0.182 0.006 15 А 1 0.155 0.009 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.098 0.002 15 1 0.083 0.005 0.000 0.000 15 22:1 undifferentiated......g Α 1 0.000 0.000 24:1 c......g 8.314 0 7.067 0.416 Fatty acids, total polyunsaturated......g NC 4 7.049 0.246 15 1 0.352 18:2 undifferentiated......g AS 5.991 6.989 0.246 15 5.940 0.349 18:2 n-6 c,c....g Α 1 18:2 CLAs......g 0.003 15 0.060 1 0.051 0.003 18:2 t,t.....g Α 18:2 i.....g 18:2 t not further defined Q 0.011 15 0.210 0.012 18:3 undifferentiated......g 0.247 AS 1 0.170 0.012 15 0.008 А 1 0.144 18:3 n-6 c,c,c......g 0.054 0.002 15 Α 1 0.046 0.003 0.001 15 0.023 Α 1 0.019 0.001 18:3i......g 0.000 15 18:4.....g 0.000 Α 1 0.000 0.000 0.085 0.004 15 Α 1 0.072 0.004 0.000 15 20:3 undifferentiated......g 0.000 Α 1 0.000 0.000 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated.....g 0.711 0.017 15 1 Α 0.604 0.036 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 15 1 0.000 0.000 21:5.....g 22:5 n-3 (DPA).....g 0.024 0.001 15 Α 1 0.020 0.001 0.007 15 0.010 22:6 n-3 (DHA)......g 0.199 Α 1 0.169 0.265 0 NC 4 0.225 0.013 Fatty acids, total trans-monoenoic......g 0.182 0 NC 4 0.155 0.009 0.083 0 NC 4 0.070 0.004 Fatty acids, total trans-polyenoic......g 1 Cholesterol....mg 1630 3 Α 1386 82 Phytosterols.....mg

	<u>Amount i</u>	n 100 grams	of edi	<u>on</u>	Amount in edible portion of common			
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Std. E				Code	Measure 1	Measure 2	Measure 3
Tryptophang	0.775	0	A	1		0.659	0.039	
Threonineg	2.129	0	A	1		1.810	0.106	
Isoleucineg	2.434	0	A	1		2.069	0.122	
Leucineg	4.150	0	A	1		3.527	0.207	
Lysineg	3.339	0	A	1		2.838	0.167	
Methionineg	1.495	0	A	1		1.270	0.075	
Cystineg	1.070	0	A	1		0.910	0.054	
Phenylalanineg	2.530	0	A	1		2.151	0.127	
Tyrosineg	1.981	0	A	1		1.684	0.099	
Valineg	2.991	0	A	1		2.542	0.150	
Arginineg	3.071	0	A	1		2.610	0.154	
Histidineg	1.202	0	A	1		1.022	0.060	
Alanineg	2.706	0	A	1		2.300	0.135	
Aspartic acidg	5.020	0	A	1		4.267	0.251	
Glutamic acidg	6.388	0	A	1		5.430	0.319	
Glycineg	1.623	0	A	1		1.379	0.081	
Prolineg	1.832	0	A	1		1.557	0.092	
Serineg	3.773	0	A	1		3.207	0.189	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 85g: 1 cup, sifted Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am our</u>	nt in 100 grams		ble portion		Amount in edible portion of common measures of food			
			Number				easures or to	<u>ou</u>		
					Source Confiden	е				
Nutrients and U	nits	Mean Sto	I. Error Points	Code	Code Code	Measure 1	Measure 2	Measure 3		
Proximates:										
Water	g	1.87	0.099 14		1	1.59	0.09			
Energy	kcal	615	0	NC	4	523	31			
Energy	kJ	2574			4	2188	129			
Protein (N x 6.25)		48.17	0		1	40.94	2.41			
Total lipid (fat)		43.95	0		1	37.36	2.20			
Ash		3.63	0		1	3.09	0.18			
Carbohydrate, by difference	g	2.38	0	NC	4	2.02	0.12			
Fiber, total dietary		0.0	0		4	0.0	0.0			
Sugars, total										
Starch										
Minerals:	9									
	ma	222	0		1	189	11			
Calcium, CaIron, Fe	-	8.28	0		1	189 7.04	0.41			
,	-	49	0		1	41	2			
Magnesium, Mg Phosphorus, P		715	0		1	41 607	36			
Potassium, K	-	515	0		1	438	26			
Sodium, Na	-	548	0		1	466	27			
Zinc. Zn	-	5.71	0		1	4.85	0.29			
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.270	0		1	0.230	0.23			
Manganese, Mn		0.150	0		1	0.128	0.008			
Selenium, Se		121.1	0	BFSN	4	102.9	6.1			
¥7:4										
Vitamins:	ma	0.0	0		1	0.0	0.0			
Vitamin C, total ascorbic acid	-	0.0 0.325	0		1	0.0 0.276	0.0			
Thiamin	• • • • • • • • • • • • • • • • • • • •	1.232	0		1	1.047	0.016 0.062			
Riboflavin	-	0.259	0		1	0.220	0.062			
Niacin		6.710	0		1	5.704	0.013			
Pantothenic acid	-	0.420	0		1	0.357	0.021			
Vitamin B-6	-	193	0		1	164	10			
Folic acid		0	0	z	7	0	0			
		193	0	4	1	164	10			
Folate, food		193	0	NC	4	164	10			
Folate, DFE		193	U	NC	T	104	10			
Betaine	-									
Vitamin B-12	-	10.51	0		1	8.94	0.53			
Vitamin A, RAE		616	0		1	523	31			
Retinol		616	0		1	523	31			
Carotene, beta	· -	010	J		-	323	31			
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		2050	0		1	1743	103			
Lycopene		2000	·		-					
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										

	An	nount in 1	Amount in edible portion of common						
			Number		<u>m</u>	measures of food			
Nutrients and Units	Mean	Std. Erro	of Data r Points	Source Confidence Code Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated	.g 13.1	. 98	0	1	11.218	0.660			
4:0	-		0	4	0.000	0.000			
6:0			0	4	0.000	0.000			
8:0	.0		0	4	0.000	0.000			
10:0			0	4	0.000	0.000			
12:0	-	000	0	4	0.000	0.000			
13:0			40						
14:0	-	120	42	1	0.102	0.006			
15:0	-	703	60	1	0.040	0 405			
16:0	.0	703	69	1	8.248	0.485			
17:0	-	74	69	1	2.868	0.169			
18:0 20:0	-) / 1	09	1	2.000	0.169			
22:0	-								
24:0	-								
Fatty acids, total monounsaturated		564	0	1	14.929	0.878			
14:1		,,,,	·	-	14.525	0.070			
15:1									
16:1 undifferentiated		163	69	1	1.244	0.073			
17:1			• • •	_		0.07.5			
18:1 undifferentiated		L02	69	1	13.687	0.805			
20:1									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		713	0	1	4.856	0.286			
18:2 undifferentiated		881	69	1	4.149	0.244			
18:3 undifferentiated		24	32	1	0.105	0.006			
18:4	.g								
20:2 n-6 c,c	.g								
20:3 undifferentiated	g								
20:4 undifferentiated	.g 0.3	368	47	1	0.313	0.018			
20:5 n-3 (EPA)	g								
21:5	.g								
22:4	.g								
22:5 n-3 (DPA)	-								
22:6 n-3 (DHA)	-								
Fatty acids, total trans									
Cholesterol			0	1	1714	101			
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.7	771	0	1	0.655	0.039			
Threonine		366	0	1	2.011	0.118			
Isoleucine			0	1	2.562	0.151			
Leucine	.g 4.2	231	0	1	3.596	0.212			
Lysine		252	0	1	2.764	0.163			
Methionine	.g 1.5	557	0	1	1.323	0.078			
Cystine	.g 1.1	L 4 8	0	1	0.976	0.057			
Phenylalanine	g 2.7	721	0	1	2.313	0.136			
Tyrosine		004	0	1	1.703	0.100			
Valine		168	0	1	2.948	0.173			
Arginine	.g 3.0	83	0	1	2.621	0.154			
Histidine	g 1.1	164	0	1	0.989	0.058			
Alanine	g 2.8	313	0	1	2.391	0.141			
Aspartic acid	.g 4.7	778	0	1	4.061	0.239			
Glutamic acid	g 6.1	.35	0	1	5.215	0.307			
Glycine	g 1.6	503	0	1	1.363	0.080			
Proline	g 1.9	11	0	1	1.624	0.096			
Serine	.g 3.6	61	0	1	3.112	0.183			
Hydroxyproline	g								

NDB No. 01134

Egg, whole, dried, stabilized, glucose reduced

Common Measures:

Measure 1 = 85g: 1 cup, sifted Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:12% Shell

		<u>Am our</u>	t in 100 gra	am s	Amount in edible portion of common						
			Num	ber				measures of food			
					Deriv	Source Con	fidence				
Nutrients and U	Inits	Mean Std	.Error Poi				Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	76.15	0.121	12	A	1		38.08	42.65	47.98	
Energy		143	0.121	0	NC	4		72	80	90	
Energy		599		0	NC	4		300	335	377	
		12.56	0.102	12	A	1		6.28	7.03	7.91	
Protein (N x 6.25)		9.51	0.102	12	A	1		4.75	7.03 5.32	7.91 5.99	
Total lipid (fat)		1.06		12	A	1		0.53	0.60	0.67	
Carbohydrate, by difference		0.72	0.034	0	NC	4		0.36	0.40	0.45	
Fiber, total dietary		0.0		1	A	1		0.0	0.40	0.43	
		0.37	0.008	6	A	1		0.19	0.0	0.24	
Sugars, total		0.00	0.000	6	A	1		0.19	0.21	0.24	
Sucrose						1					
Glucose (dextrose)		0.37	0.008	6	A			0.19	0.21	0.24	
Fructose		0.00	0.000	6	A	1 1		0.00	0.00	0.00	
Lactose		0.00		6	A	1		0.00	0.00	0.00	
Maltose	g	0.00	0.000	6	A			0.00	0.00	0.00	
Galactose		0.00	0.000	6	A	1		0.00	0.00	0.00	
Starch	g										
Minerals:											
Calcium, Ca	mg	56	0.697	6	A	1		28	31	35	
Iron, Fe	mg	1.75	0.044	6	A	1		0.88	0.98	1.10	
Magnesium, Mg	mg	12	0.240	6	A	1		6	7	8	
Phosphorus, P	mg	198	1.939	6	A	1		99	111	125	
Potassium, K	<u>mg</u>	138	1.476	6	A	1		69	77	87	
Sodium, Na	mg	142	1.138	6	A	1		71	80	90	
Zinc, Zn		1.29	0.017	6	A	1		0.64	0.72	0.81	
Copper, Cu		0.072	0.001	6	A	1		0.036	0.040	0.045	
Manganese, Mn		0.028	0.001	6	A	1		0.014	0.016	0.018	
Selenium, Se	µg	30.7	2.129	6	A	1		15.3	17.2	19.3	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	0.0	
Thiamin	mg	0.040	0.003	6	A	1		0.020	0.022	0.025	
Riboflavin	_	0.457	0.020	6	A	1		0.228	0.256	0.288	
Niacin	mg	0.075	0.002	6	A	1		0.037	0.042	0.047	
Pantothenic acid	•	1.533	0.049	6	A	1		0.767	0.859	0.966	
Vitamin B-6	mg	0.170	0.004	6	A	1		0.085	0.095	0.107	
Folate, total		47	4.966	23	A	1		23	26	30	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	47	4.966	23	A	1		23	26	30	
Folate, DFE	µg	47		0	NC	4		23	26	30	
Choline, total		293.8	4.687	6	AS	1		146.9	164.5	185.1	
Betaine		0.3	0.028	6	A	1		0.1	0.2	0.2	
Vitamin B-12		0.89	0.092	6	A	1		0.45	0.50	0.56	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		160		0	AS	1		80	90	101	
Retinol		160	6.614	6	A	1		80	90	101	
Carotene, beta		0	0.000	6	A	1		0	0	0	
Carotene, alpha		0	0.000	6	A	1		0	0	0	
Cryptoxanthin, beta		9	0.673	6	A	1		5	5	6	
Vitamin A, IU		540		0	AS	1		270	303	340	
Lycopene		0	0.000	6	A	1		0	0	0	
Lutein + zeaxanthin		503	20.991	6	A	1		252	282	317	
Vitamin E (alpha-tocopherol)		1.05	0.116	6	A	1		0.52	0.59	0.66	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta		0.01	0.003	6	A	1		0.01	0.01	0.01	
Tocopherol, gamma		0.50	0.042	6	A	1		0.25	0.28	0.31	
Tocopherol, delta	mg	0.06	0.030	6	A	1		0.03	0.03	0.04	
Tocotrienol, alpha	mg	0.06	0.004	6	A	1		0.03	0.03	0.04	
Tocotrienol, beta		0.00	0.001	6	A	1		0.00	0.00	0.	

	Am	ount in 100) gram	s of edi	ble portion		Amount in e	edible portion o	of common
		1	Num be	ar.				easures of foo	
					Source Co	nfidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	ng 0.0	1 0.0	003 6	A	1		0.00	0.01	0.01
Tocotrienol, delta		0 0.0	000 6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)	ıg 2.0		10	AS	1		1.0	1.1	1.3
Vitamin D2 (ergocalciferol)	ıg								
Vitamin D3 (cholecalciferol)			301 10		1		1.0	1.1	1.3
Vitamin D		32.0			1		41	46	52
Vitamin K (phylloquinone)			2	A	1		0.2	0.2	0.2
Dihydrophylloquinone			2	A	1		0.0	0.0	0.0
Menaquinone-4	ig								
<u>Lipids:</u>									
Fatty acids, total saturated			0	NC	4		1.563	1.750	1.969
4:0S			000 12		1		0.002	0.002	0.002
6:0			000 12		1		0.000	0.000	0.000
8:0	•		000 12		1		0.002	0.002	0.002
10:09			000 12		1		0.003	0.003	0.004
12:09		00 0.0	000 12	A	1		0.000	0.000	0.000
13:0		33 0 (01 12	A	1		0.017	0.019	0.021
15:0	•		000 12		1		0.017	0.019	0.021
16:0	•		39 12		1		1.115	1.249	1.405
17:0	•		001 12		1		0.011	0.012	0.014
18:0	•		16 12		1		0.406	0.454	0.511
20:0	0.0	0.0	000 12	A	1		0.002	0.002	0.002
22:0	0.0	0.0	000 12	A	1		0.002	0.002	0.003
24:09	0.0	0.0	000 12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturatedQ	3.6	58	0	NC	4		1.829	2.048	2.304
14:1			000 12		1		0.003	0.004	0.004
15:1Q			000 12		1		0.000	0.000	0.000
16:1 undifferentiated			008 12		1		0.100	0.112	0.126
16:1 c			008 12		1		0.099	0.111	0.125
16:1 t9			000 12		1		0.002	0.002	0.002
17:1			001 12 050 12		1		0.006	0.007	0.008
18:1 undifferentiated)50 12)51 12		1 1		1.705 1.694	1.910 1.897	2.149 2.134
18:1 c	•		002 12		1		0.011	0.013	0.014
18:1-11 t (18:1t n-7)	•		,02 12	•••	-		0.011	0.013	0.011
20:1		27 0.0	01 12	A	1		0.014	0.015	0.017
22:1 undifferentiated			000 12		1		0.000	0.000	0.000
22:1 c		00 0.0	000 12	A	1		0.000	0.000	0.000
22:1 t	0.0	00 0.0	000 12	A	1		0.000	0.000	0.000
24:1 c	0.0	0.0	000 12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated	1.9	11	0	NC	4		0.956	1.070	1.204
18:2 undifferentiatedQ	•	55 0.0	062 12	AS	1		0.777	0.871	0.980
18:2 n-6 c,cQ			062 12		1		0.765	0.857	0.964
18:2 CLAs		12 0.0	001 12	A	1		0.006	0.007	0.007
18:2 t,t									
18:2 i		10 0 (001 10		-		0.006	0.005	0.000
18:2 t not further defined			001 12 002 12		1 1		0.006	0.007	0.008
18:3 undifferentiated	•		002 12		1		0.024 0.018	0.027 0.020	0.030 0.023
18:3 n-6 c.c.c	•		002 12		1		0.018	0.020	0.008
18:3i	•	12 0.0	700 12		-		0.000	0.007	0.000
18:4		00 0.0	000 12	A	1		0.000	0.000	0.000
20:2 n-6 c,c			001 12		1		0.009	0.010	0.011
20:3 undifferentiated			000 12		1		0.012	0.013	0.015
20:3 n-3		01 0.0	000 12	A	1		0.000	0.000	0.000
20:3 n-6		22 0.0	000 12	A	1		0.011	0.013	0.014
20:4 undifferentiated		88 0.0	05 12	A	1		0.094	0.106	0.119
20:4 n-6	J								
20:5 n-3 (EPA)Q		00 0.0	000 12	A	1		0.000	0.000	0.000
21:5									
22:4			001 12		1		0.007	0.007	0.008
22:5 n-3 (DPA)	0.0	07 0.0	000 12	A	1		0.003	0.004	0.004

	<u>Am oun</u>		ber		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.	Error Po				Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.058	0.002		Α	1		0.029	0.033	0.037
Fatty acids, total transg	0.038		0	NC	4		0.019	0.021	0.024
Fatty acids, total trans-monoenoicg	0.026		0	NC	4		0.013	0.015	0.016
Fatty acids, total trans-polyenoicg	0.012		0	NC	4		0.006	0.007	0.008
Cholesterolmg	372	6.718	12	A	1		186	208	234
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.167		0	A	1		0.083	0.093	0.105
Threonineg	0.556		0	A	1		0.278	0.311	0.350
Isoleucineg	0.671		0	A	1		0.336	0.376	0.423
Leucineg	1.086		0	A	1		0.543	0.608	0.684
Lysineg	0.912		0	A	1		0.456	0.511	0.575
Methionineg	0.380		0	A	1		0.190	0.213	0.239
Cystineg	0.272		0	A	1		0.136	0.152	0.171
Phenylalanineg	0.680		0	A	1		0.340	0.381	0.428
Tyrosineg	0.499		0	A	1		0.250	0.279	0.314
Valineg	0.858		0	A	1		0.429	0.481	0.541
Arginineg	0.820		0	A	1		0.410	0.459	0.517
Histidineg	0.309		0	A	1		0.155	0.173	0.195
Alanineg	0.735		0	A	1		0.367	0.411	0.463
Aspartic acidg	1.329		0	A	1		0.664	0.744	0.837
Glutamic acidg	1.673		0	A	1		0.837	0.937	1.054
Glycineg	0.432		0	A	1		0.216	0.242	0.272
Proline9	0.512		0	A	1		0.256	0.287	0.323
Serineg	0.971		0	A	1		0.486	0.544	0.612
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 50g: 1 large Measure 2 = 56g: 1 extra large Measure 3 = 63g: 1 jumbo

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	unt in 100 gr			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				nber		_		<u>m</u>	casures or for	<u>ou</u>
						Source	Confidence			
Nutrients and Un	its	Mean St	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	75.81	0.086	15	A	1		21.23		
Energy		147	0.000	0	NC	4		41		
		616		0	NC	4		172		
Energy			0.067			1		3.45		
Protein (N x 6.25)		12.33		15	A					
Total lipid (fat)		9.95	0.159	15	DA	1		2.78		
Ash		0.91	0.033		A	1		0.25		
Carbohydrate, by difference		1.01		0	NC	4		0.28		
Fiber, total dietary		0.0	0.000	15	A	1		0.0		
Sugars, total		0.25	0.018	15	A	1		0.07		
Sucrose	g	0.00	0.000	15	A	1		0.00		
Glucose (dextrose)		0.25	0.018	15	A	1		0.07		
Fructose	g	0.00	0.000	15	A	1		0.00		
Lactose		0.00	0.000	15	A	1		0.00		
Maltose		0.00	0.000	15	A	1		0.00		
Galactose		0.00	0.000	15	A	1		0.00		
Starch										
Minerals:										
Calcium, Ca	ma	62	1.239	15	A	1		17		
Iron, Fe	-	1.74	0.029	15	A	1		0.49		
Magnesium, Mg		9	0.029	3	A	1		2		
Phosphorus, P		193		3	A	1		54		
Potassium, K		135		3	A	1		38		
Sodium, Na		128	1.756		A	1		36		
Zinc, Zn		1.32	1.750	3	A	1		0.37		
Copper, Cu		0.053		2	A	1		0.015		
Manganese, Mn		0.032		3	A	1		0.009		
Selenium, Se		37.2		3	A	1		10.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0.000	15	A	1		0.0		
Thiamin	-	0.067		3	A	1		0.019		
Riboflavin	-	0.523		3	A	1		0.147		
Niacin	-	0.103		3	A	1		0.029		
Pantothenic acid		1.570		3	A	1		0.440		
Vitamin B-6		0.188	0.004		A	1		0.053		
Folate, total	-	87	0.001	3	A	1		24		
Folic acid		0		0	Z	7		0		
Folate, food		87		3	A	1		24		
Folate, DFE		87		0	NC	4		24		
Choline, total		268.3		3	A	1		75.1		
Betaine	-	200.3		3	•	_		73.1		
Vitamin B-12	-	1.00	0.084	15	A	1		0.28		
Vitamin B-12, added		0.00	0.001	0	BFZN	4		0.00		
· · · · · · · · · · · · · · · · · · ·		171		0	AS	1		48		
Vitamin A, RAE		171	5.698		A	1		48		
Retinol		0	5.090	3	A	1		0		
Carotene, beta		0		0	BFZN	4		0		
Carotene, alpha		-								
Cryptoxanthin, beta Vitamin A, IU		9 570		0	BFZN AS	4 1		3 160		
		0		0		4		0		
Lycopene		471		3	BFZN A	1		132		
Lutein + zeaxanthin		0.72		3		1		0.20		
Vitamin E (alpha-tocopherol)					A					
Vitamin E, added		0.00		0	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	9									

Amino Acids:

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 2.6 27 1 0.7 Vitamin D (D2 + D3).....µg AS 105 0 NR 4 29 0 BFZN Vitamin K (phylloquinone)......µg 0.3 4 0.1 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 3.382 0 NC 4 0.947 0.000 0.000 15 1 0.000 4:0.....g Α 0.000 0.000 15 0.000 6:0.....g Α 1 8:0.....g 0.000 0.000 15 1 0.000 0.000 0.000 15 1 0.000 10:0.....g Α 0.000 0.000 15 А 1 0.000 13:0.....g 0.032 0.001 15 1 0.009 14:0.....g 0.022 0.000 15 0.006 1 15:0.....g Α 2.435 0.039 15 А 1 0.682 0.022 0.000 15 0.006 17:0.....g Α 1 0.022 15 18:0.....g 0.870 Α 1 0.244 0.000 0.000 15 Α 1 0.000 20:0.....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 15 0.000 Α 1 Fatty acids, total monounsaturated......g 3.905 0 NC 4 1.093 0.022 0.000 15 A 1 0.006 14:1.....g 0.000 15 0.000 A 1 0.000 0.213 0.011 15 Α 1 0.060 0.000 15 0.000 Α 1 0.000 18:1 undifferentiated......g 3.648 0.086 15 AS 1 1.022 0.087 15 3,617 Α 1 1.013 18:1 c.....g 18:1 t......g 0.032 0.003 15 Α 1 0.009 18:1-11 t (18:1t n-7)......g 20:1.....g 0.022 0.000 15 1 0.006 0.000 15 22:1 undifferentiated......g 0.000 Α 1 0.000 24:1 c......g 1.892 0 0.530 Fatty acids, total polyunsaturated......g NC 4 1.564 0.074 15 1 18:2 undifferentiated......g AS 0.438 1.542 0.074 15 0.432 18:2 n-6 c,c....g Α 1 18:2 CLAs......g 0.000 15 0.022 1 0.006 18:2 t,t.....g Α 18:2 i.....g 18:2 t not further defined Q 0.054 0.004 15 18:3 undifferentiated......g AS 1 0.015 0.032 0.004 15 А 1 0.009 18:3 n-6 c,c,c.....g 0.022 0.000 15 Α 1 0.006 0.000 15 0.000 1 0.000 18:3i.....g Α 0.000 15 18:4.....g 0.000 Α 1 0.000 0.022 0.000 15 Α 1 0.006 0.000 15 20:3 undifferentiated......g 0.000 1 0.000 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated.....g 0.181 0.005 15 1 0.051 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 15 1 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.022 0.000 15 Α 1 0.006 0.002 15 0.049 0.014 22:6 n-3 (DHA)......g Α 1 0.054 0 NC 4 0.015 Fatty acids, total trans-monoenoic......g 0.032 0 NC 4 0.009 0.022 NC 0.006 Fatty acids, total trans-polyenoic......g 372 BF7N Cholesterol....mg 4 104 Phytosterols.....mg

	<u>on</u>	Amount in edible portion of common measures of food						
		Number	•			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophang	0.192	0	A	1		0.054		
Threonineg	0.555	0	A	1		0.155		
Isoleucineg	0.661	0	A	1		0.185		
Leucineg	1.110	0	A	1		0.311		
Lysineg	0.929	0	A	1		0.260		
Methionineg	0.400	0	A	1		0.112		
Cystineg	0.288	0	A	1		0.081		
Phenylalanineg	0.675	0	A	1		0.189		
Tyrosineg	0.535	0	A	1		0.150		
Valineg	0.816	0	A	1		0.228		
Arginineg	0.812	0	A	1		0.227		
Histidineg	0.322	0	A	1		0.090		
Alanineg	0.720	0	A	1		0.202		
Aspartic acidg	1.302	0	A	1		0.365		
Glutamic acidg	1.649	0	A	1		0.462		
Glycineg	0.432	0	A	1		0.121		
Prolineg	0.497	0	A	1		0.139		
Serineg	0.983	0	A	1		0.275		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0		
Caffeinemg	0	0	BFZN	4		0		
Theobrominemg	0	0	BFZN	4		0		

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:0%

			Amount in edible portion of common							
			Num her				measures of food			
					Source	Confidence	_		-	
5	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
g	67.8	3	3	A	1		18.99			
	138		0	NC	4		39			
kJ	577		0	NC	4		162			
g	10.9	7	3	A	1		3.07			
g	10.0	7	3	A	1		2.82			
			3	A	1		2.88			
		3		NC			0.23			
9										
	0.00	J	3	A	_		0.00			
9										
ma	55		3	A	1		15			
_		1	3	A	1		0.48			
	9		3	A	1		3			
	186		3	A	1		52			
mg	128		3	A	1		36			
	3663		3	A	1		1026			
				A			0.36			
		33								
µg	30.4		3	А	_		8.5			
_										
_										
_										
		20								
	69		3		1		19			
	69		0	NC	4		19			
	297.0		3	A	1		83.2			
mg										
	1.2	1	3	A	1		0.34			
		0	0	BFZN	4		0.00			
	149		0	AS			42			
	_		-				-			
			-							
	417		3	A A	1		117			
		0	3	A	1		0.22			
			0	BFZN	4		0.00			
ma										
mg mg										
	g kcal kJ g g g g g g g g g g g g g g g g g g		Mean Std. Error G	Mean Std. Error Points Std. Error Points Std. Error Points	Mean Std. Error Points Code Gamma Gamma	Mean Std. Error Points Code Code Code	S Mean Std. Error Points Code C	Section State Section Sectio	Second Std. Error Points Code Code	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 1.5 1 0.4 Vitamin D (D2 + D3).....µg 3 AS 61 3 A 1 17 0 BFZN Vitamin K (phylloquinone)......µg 4 0.3 0.1 Dihydrophylloquinone......µg Menaquinone-4.....µg Lipids: Fatty acids, total saturated.....g 3.178 0 NC 4 0.890 0.004 0 BFZN 4 0.001 4:0.....g 0.000 BFZN 0.000 6:0.....g 0 4 8:0.....g 0.000 3 А 1 0.000 0.000 3 А 1 0.000 10:0.....g 0.000 3 A 1 0.000 13:0.....g 0.039 3 Α 1 0.011 14:0.....g 0.004 3 0.001 А 1 15:0......g 2.297 3 А 1 0.643 0.018 0.005 3 1 17:0.....g Α 18:0.....g 0.820 3 Α 1 0.230 0.000 3 Α 1 0.000 20:0.....g 0.000 3 А 1 0.000 0.000 3 0.000 Α 1 24:0......g Fatty acids, total monounsaturated......g 4.000 0 NC 4 1.120 0.005 3 A 1 0.001 14:1.....g 0.000 3 A 1 0.000 16:1 undifferentiated.......Q 0.260 Α 1 0.073 17:1.....g 0.009 3 Α 1 0.003 18:1 undifferentiated......g 3.697 3 Α 1 1.035 20:1.....g 0.029 3 Α 1 0.008 0.000 3 AS 1 0.000 1 22:1 c.....g 0.000 3 0.000 22:1 t.....g 24:1 c.....g 1.627 0 4 Fatty acids, total polyunsaturated......g NC 0.456 18:2 undifferentiated......g 1.324 1 0.371 3 Α 18:3 undifferentiated......g 0.044 3 AS 1 0.012 18:3 n-3 c,c,c (ALA).....g 0.033 3 0.009 Α 1 0.011 3 0.003 18:3 n-6 c,c,c......g 1 18:3i.....g 0.000 0 BFZN 4 0.000 18:4.....g 0.022 3 1 0.006 Α 20:3 undifferentiated.....g 0.000 3 Α 1 0.000 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated......g 0.170 Α 1 0.048 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 3 Α 1 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.002 3 1 0.001 Α 22:6 n-3 (DHA).....g 0.046 3 A 1 0.013 0.090 0 т 4 0.025 Cholesterol....mg 387 3 1 108 Phytosterols....mg Amino Acids: 0.226 0 0.063 Tryptophan.....g Α 1 0.483 0 1 0.135 Threonine.....g 0.560 0 0.157 А 1 0.940 0 Α 1 0.263 Leucine.....g 0.793 0.222 0 Lysine.....g Α 1 0.303 0 A 1 0.085 Methionine.....g 0.240 0 А 1 0.067 Cystine.....g 0.577 Α 1 0.161 Phenylalanine.....g

	Amount in edible portion of common measures of food							
Nutrients and Units	Mean Std. Erro				Confidence Code	Measure 1	Measure 2	Measure 3
Timerine	0.463	0	A	1		0.130		
Tyrosine	0.463	0	A	1		0.130		
Arginine	0.700	0	A	1		0.196		
Histidine	0.273	0	A	1		0.077		
Alanine	0.607	0	A	1		0.170		
Aspartic acidg	1.113	0	A	1		0.312		
Glutamic acidg	1.417	0	A	1		0.397		
Glycineg	0.363	0	A	1		0.102		
Prolineg	0.420	0	A	1		0.118		
Serineg	0.850	0	A	1		0.238		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0		
Caffeinemg	0	0	BFZN	4		0		
Theobrominemg	0	0	BFZN	4		0		

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	nt in 100 gr	am s	of edil	ole portion		Amount in edible portion of common		
			Nun	nber				'	easures of fo	
						Source Conf	idence			
Nutrients and Un	ite	Mean Sto	d. Error Po				ode	Measure 1	Measure 2	Measure
Nati lents and on		mean on						measure r	Medsure 2	Medsure
Proximates:										
Water	g	3.08	0.264	15	A	1		2.06	0.12	
Energy	kcal	669		0	NC	4		448	27	
Energy	kJ	2800		0	NC	4		1876	112	
Protein	g	33.63	0.388	15	A	1		22.53	1.35	
Total lipid (fat)	g	59.13	0.474	15	DA	1		39.62	2.37	
Ash	g	3.51	0.063	15	A	1		2.35	0.14	
Carbohydrate, by difference	g	0.66		0	NC	4		0.44	0.03	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.23	0.017	15	A	1		0.16	0.01	
Sucrose	g	0.00	0.000	15	A	1		0.00	0.00	
Glucose (dextrose)	g	0.23	0.017	15	A	1		0.16	0.01	
Fructose		0.00	0.000	15	A	1		0.00	0.00	
Lactose	g	0.00	0.000	15	A	1		0.00	0.00	
Maltose		0.00	0.000	15	A	1		0.00	0.00	
Galactose	g	0.00	0.000	15	A	1		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	289	4.223	15	A	1		194	12	
Iron, Fe		9.56	0.138	15	A	1		6.40	0.38	
Magnesium, Mg		26		3	A	1		17	1	
Phosphorus, P		1040		3	A	1 1		697	42	
Potassium, K	-	264 149	4.661	3	A A	1		177 100	11 6	
Sodium, NaZinc, Zn		7.73	4.001	3	A	1		5.18	0.31	
Copper, Cu		0.000		3	A	1		0.000	0.000	
Manganese, Mn		0.185		3	A	1		0.124	0.007	
Selenium, Se		139.3		3	A	1		93.4	5.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.387		3	A	1		0.259	0.015	
Riboflavin	-	1.257		3	A	1		0.842	0.050	
Niacin	-	0.083		3	A	1		0.056	0.003	
Pantothenic acid	-	9.063		3	A	1		6.072	0.363	
Vitamin B-6	•	0.742	0.020	15	A	1		0.497	0.030	
Folate, total		209		3	A	1		140	8	
Folic acid		0		0	Z	7		0	0	
Folate, food	µg	209		3	A	1		140	8	
Folate, DFE	µg	209		0	NC	4		140	8	
Choline, total	mg	2403.3		3	A	1		1610.2	96.1	
Betaine	mg									
Vitamin B-12		5.11	0.299	15	A	1		3.42	0.20	
Vitamin B-12, added	µg	0.00		0	NR	4		0.00	0.00	
Vitamin A, RAE	µg	477		0	AS	1		320	19	
Retinol		477	26.730		A	1		320	19	
Carotene, beta		0		3	A	1		0	0	
Carotene, alpha		79		0	BFFN	4		53	3	
Cryptoxanthin, beta		70		0	BFFN	4		47	3	
Vitamin A, IU		1590		0	AS	1		1065	64	
Lycopene		1122		0	BFFN	4		0	0	
Lutein + zeaxanthin		1133		3	A	1		759	45	
Vitamin E (alpha-tocopherol)		4.81 0.00		3 0	A Z	1 7		3.22 0.00	0.19	
Vitamin E, added		0.00		U	2	,		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocotrienol, alpha										
Tocotrienol, aipiia										
Tocotrienol, gamma										

Amino Acids:

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 10.4 22 1 7.0 0.4 Vitamin D (D2 + D3).....µg AS 417 0 NR 4 17 279 Vitamin K (phylloquinone)......µg 0 BFFN 1.5 4 0.1 1.0 Dihydrophylloquinone......µg Lipids: Fatty acids, total saturated.....g 20.334 0 NC 4 13.624 0.813 0.000 0.000 15 1 0.000 0.000 4:0.....g Α 0.000 0.000 15 0.000 0.000 6:0.....g Α 1 8:0.....g 0.000 0.000 15 Α 1 0.000 0.000 0.000 0.000 15 0.000 1 0.000 10:0.....g Α 0.000 0.000 15 А 1 0.000 0.000 13:0.....g 0.198 0.002 15 1 0.133 0.008 14:0.....g Α 0.036 0.001 15 0.024 0.001 1 15:0......g Α 14.773 0.156 15 А 1 9.898 0.591 0.122 0.004 15 0.082 0.005 1 Α 0.059 15 18:0.....g 5.177 Α 1 3.468 0.207 0.000 0.000 15 Α 1 0.000 0.000 20:0.....g 0.028 0.002 15 Α 1 0.019 0.001 0.000 0.000 15 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 23.377 0 NC 4 15.662 0.935 0.034 0.001 15 A 1 0.023 0.001 14:1......g 0.000 15 0.000 A 1 0.000 0.000 0.050 15 16:1 undifferentiated.......Q 1.345 Α 1 0.901 0.054 0.000 15 0.000 Α 1 0.000 0.000 18:1 undifferentiated......g 21.855 0.459 15 AS 1 14.643 0.874 0.450 15 18:1 c.....g 21,613 Α 1 14.481 0.865 0.242 0.010 15 А 1 0.162 0.010 18:1 t......g 18:1-11 t (18:1t n-7)......g 20:1.....g 0.143 0.003 15 1 0.096 0.006 0.000 0.000 15 22:1 undifferentiated......g Α 1 0.000 0.000 24:1 c......g 10.320 0 6.915 0.413 Fatty acids, total polyunsaturated......g NC 4 8.674 0.393 15 1 5.812 0.347 18:2 undifferentiated.....g AS 18:2 n-6 c,c.....g 8.598 0.394 15 5.761 0.344 Α 1 18:2 CLAs......g 0.076 0.003 15 1 0.051 0.003 18:2 t,t.....g Α 18:2 i.....g 18:2 t not further defined Q 0.281 0.009 15 0.011 18:3 undifferentiated......g AS 1 0.188 0.181 0.009 15 0.007 А 1 0.121 18:3 n-6 c,c,c......g 0.072 0.002 15 Α 1 0.048 0.003 0.002 15 0.028 Α 1 0.019 0.001 18:3i......g 0.000 15 18:4.....g 0.000 Α 1 0.000 0.000 0.106 0.006 15 Α 1 0.071 0.004 0.000 15 20:3 undifferentiated......g 0.000 Α 1 0.000 0.000 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated.....g 0.978 0.015 15 1 Α 0.655 0.039 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 15 1 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.029 0.002 15 Α 1 0.020 0.001 0.010 15 0.010 22:6 n-3 (DHA)......g 0.253 Α 1 0.169 0.346 0 NC 4 0.232 0.014 0.242 Fatty acids, total trans-monoenoic......g 0 NC 4 0.162 0.010 0.105 0 NC 4 0.070 0.004 Fatty acids, total trans-polyenoic......g 2307 1 Cholesterol....mg 3 Α 1545 92 Phytosterols.....mg

	Amount in	100 gram s	of edi	<u>on</u>	Amount in edible portion of common			
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean Std. Err				Code	Measure 1	Measure 2	Measure 3
Tryptophang	0.390	0	A	1		0.261	0.016	
Threonineg	1.545	0	A	1		1.035	0.062	
Isoleucineg	1.701	0	A	1		1.140	0.068	
Leucineg	2.908	0	A	1		1.948	0.116	
Lysineg	2.469	0	A	1		1.654	0.099	
Methionineg	0.858	0	A	1		0.575	0.034	
Cystineg	0.588	0	A	1		0.394	0.024	
Phenylalanineg	1.472	0	A	1		0.986	0.059	
Tyrosineg	1.422	0	A	1		0.953	0.057	
Valineg	1.934	0	A	1		1.296	0.077	
Arginineg	2.336	0	A	1		1.565	0.093	
Histidineg	0.861	0	A	1		0.577	0.034	
Alanineg	1.751	0	A	1		1.173	0.070	
Aspartic acidg	3.310	0	A	1		2.217	0.132	
Glutamic acidg	4.263	0	A	1		2.856	0.171	
Glycineg	1.043	0	A	1		0.699	0.042	
Prolineg	1.326	0	A	1		0.888	0.053	
Serineg	2.814	0	A	1		1.886	0.113	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 67g: 1 cup, sifted Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	<u>it in 100 gr</u>	ams	Amount in edible portion of common						
			Nun	nber	•			measures of food			
			of	Data	Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	52.31	0.204	12	A	1		8.89	127.10		
Energy	_	322	0.201	0	NC	4		55	782		
Energy		1346		0	NC	4		229	3271		
Protein (N x 6.25)		15.86	0.087		A	1		2.70	38.53		
Total lipid (fat)		26.54	0.240	12	A	1		4.51	64.50		
Ash		1.71	0.028	12	A	1		0.29	4.15		
Carbohydrate, by difference	-	3.59	0.020	0	NC	4		0.61	8.71		
Fiber, total dietary		0.0		0	NC	4		0.0	0.0		
Sugars, total		0.56		1	A	1		0.09	1.35		
<u> </u>		0.07		1	A	1		0.01	0.18		
Sucrose		0.18		1	A	1		0.03	0.18		
Glucose (dextrose)		0.18		1	A	1		0.03	0.45		
Fructose	9	0.07		1	A	1					
Lactose		0.07		1	A A	1		0.01 0.01	0.18		
Maltose	<u>9</u>			1		1			0.18		
Galactose		0.07		1	A	1		0.01	0.18		
Starch	g										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	129	2.670	12	A	1		22	313		
Iron, Fe		2.73			A	1		0.46	6.64		
Magnesium, Mg		5	0.225	12	A	1		1	11		
Phosphorus, P		390	9.897	12	A	1		66	948		
Potassium, K		109	3.859	12	A	1		19	265		
Sodium, Na		48	1.657		A	1		8	116		
Zinc, Zn		2.30	0.085	12 12	A A	1 1		0.39	5.59		
Copper, Cu		0.077 0.055	0.006 0.004	12	A	1		0.013 0.009	0.186 0.135		
Manganese, Mn Selenium, Se		56.0	8.030	4	A	1		9.5	136.0		
		50.0	0.030	•		-		3.3	130.0		
Vitamins:				•				0.0			
Vitamin C, total ascorbic acid	-	0.0	0 001	0	_	4		0.0	0.0		
Thiamin	-	0.176	0.021	4	A	1 1		0.030	0.427		
Riboflavin	-	0.528	0.027	12	A	1		0.090	1.284		
Niacin	• • • • • • • • • • • • • • • • • • • •	0.024	0.002	4	A			0.004	0.059		
Pantothenic acid		2.990		1	A A	1 1		0.508	7.266		
Vitamin B-6	-	0.350	c 000		A	1		0.059	0.850		
Folate, total		1 4 6 0	6.989	7 0	z	7		25 0	355		
Folic acid		146	6.989	7	Z	1		25	0 355		
Folate, food	1.1		6.989	^	NO	1					
Folate, DFE		146 820.2		0	NC BFFN	4		25 139.4	355 1993.1		
Choline, total		0.9	0.100	4	BFFN A	1		0.2	2.2		
Betaine	-	1.95	0.100		A	1		0.33	4.75		
Vitamin B-12		0.00	0.316	0	Z	7		0.00	0.00		
Vitamin B-12, added		381		0	NC	4		65	926		
Vitamin A, RAE		371		0	BFFN	4		63	900		
Retinol Carotene, beta		88	12.173	4	A	1		15	215		
		38	4.877	4	A	1		6	92		
Carotene, alpha		33	2.862	4	A	1		6	81		
Cryptoxanthin, beta Vitamin A, IU		1442	2.002	0	NC	4		245	3503		
Lycopene		0	0.000	4	A	1		0	0		
Lutein + zeaxanthin		1094	3.000	0	NR	4		186	2658		
Vitamin E (alpha-tocopherol)		2.58		0	BFFN	4		0.44	6.27		
Vitamin E (aipiia-tocopheror) Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		0.05		0	BFFN	4		0.01	0.12		
Tocopherol, gamma		1.33		0	BFFN	4		0.23	3.24		
Tocopherol, delta		0.06		0	BFFN	4		0.01	0.14		
Tocotrienol, alpha		0.03		0	BFFN	4		0.01	0.08		
Tocotrienol, beta		0.00		0	BFFN	4		0.00	0.00		

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in e	edible portion o	of common
			Number					easures of foo	
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	00	0	BFFN	4		0.00	0.00	
Tocotrienol, delta	-		0	BFFN	4		0.00	0.00	
Vitamin D (D2 + D3)		1	0	AS	1		0.9	13.2	
Vitamin D2 (ergocalciferol)		•	0	0	4		0.9	13.2	
Vitamin D3 (cholecalciferol) Vitamin D		•	0	0	4		37	529	
Vitamin K (phylloquinone)		7	1	A	1		0.1	1.7	
Dihydrophylloquinone			1	A	1		0.0	0.2	
Menaquinone-4									
Lipids:									
Fatty acids, total saturated	g 9. !	551	0	NC	4		1.624	23.209	
4:0	-		0		1		0.000	0.000	
6:0	•		0		1		0.000	0.000	
8:0	•		33		1		0.002	0.022	
10:0	-		33 33		1 1		0.002	0.022 0.022	
12:0 13:0	-	109	33		1		0.002	0.022	
14:0	-	L04	33		1		0.018	0.253	
15:0	•		1		1		0.002	0.032	
16:0	g 6. 8	360	33		1		1.166	16.670	
17:0	g 0.0)51	1		1		0.009	0.124	
18:0	-		33		1		0.411	5.873	
20:0	-		1		1		0.005	0.078	
22:0	-		1		1		0.006	0.092	
24:0			1 0	NC	1 4		0.002 1.995	0.022 28.523	
Fatty acids, total monounsaturated			1	NC	1		0.004	0.058	
15:1	-		-		-		0.004	0.050	
16:1 undifferentiated	g 0.9	918	33		1		0.156	2.231	
17:1		701	22				1 010	26 003	
18:1 undifferentiated 20:1	-		33 33		1 1		1.819 0.015	26.003 0.209	
22:1 undifferentiated			33		1		0.015	0.209	
24:1 c	_				_		01002	0.022	
Fatty acids, total polyunsaturated	g 4.2	204	0	NC	4		0.715	10.216	
18:2 undifferentiated	-		33		1		0.601	8.597	
18:3 undifferentiated	•		33		1		0.018	0.250	
18:4	•	000	0		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated	-	138	33		1		0.074	1.064	
20:5 n-3 (EPA)	-)11	33		1		0.002	0.027	
21:5	g								
22:4	-								
22:5 n-3 (DPA)	-		0		1		0.000	0.000	
22:6 n-3 (DHA)		L14	33		1		0.019	0.277	
Fatty acids, total trans			0	o	4		184	2637	
Phytosterols	-		Ū	O	-		101	2037	
Amino Acids:	3								
Tryptophan	g 0.1	L77	0	A	1		0.030	0.430	
Threonine			0	A	1		0.117	1.670	
Isoleucine	•		0	A	1		0.147	2.104	
Leucine			0	A	1		0.238	3.399	
Lysine			0	A	1		0.207	2.957	
Methionine	-		0	A	1		0.064	0.917	
Cystine	•	264	0	A	1		0.045	0.642	
Phenylalanine	•	581 578	0	A A	1 1		0.116 0.115	1.654 1.649	
Tyrosine Valine	•		0	A	1		0.115	2.306	
Arginine	•		0	A	1		0.187	2.670	
Histidine	•		0	A	1		0.071	1.011	
Alanine		336	0	A	1		0.142	2.031	

	Amount in	100 gram s	of edi	Amount in edible portion of common				
		Number	•			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acidg	1.550	0	A	1		0.263	3.766	
Glutamic acidg	1.970	0	A	1		0.335	4.788	
Glycineg	0.488	0	A	1		0.083	1.186	
Prolineg	0.646	0	A	1		0.110	1.570	
Serineg	1.326	0	A	1		0.225	3.221	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 17g: 1 large Measure 2 = 243g: 1 cup

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	<u>nt in 100 gr</u>	am s	ot edil	ble portion		Amount in edible portion of common		
			Nun	nber	•			<u>m</u>	easures of foo	<u>od</u>
			of I	Data	Deriv	Source Con	fidence			
Nutrients and Ur	nits	Mean Std	l. Error Po	ints	Code	Code (Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.44	0.068	15	A	1		16.00	128.12	
Energy	kcal	296		0	NC	4		84	671	
Energy	kJ	1238		0	NC	4		351	2810	
Protein	g	15.53	0.095	15	A	1		4.40	35.26	
Total lipid (fat)	g	25.60	0.171	15	DA	1		7.26	58.12	
Ash	_	1.62	0.057	15	A	1		0.46	3.67	
Carbohydrate, by difference	g	0.81		0	NC	4		0.23	1.84	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.16	0.014	15	A	1		0.05	0.37	
Sucrose	g	0.00	0.000	15	A	1		0.00	0.00	
Glucose (dextrose)	g	0.16	0.014	15	A	1		0.05	0.37	
Fructose	g	0.00	0.000	15	A	1		0.00	0.00	
Lactose	g	0.00	0.000	15	A	1		0.00	0.00	
Maltose		0.00	0.000	15	A	1		0.00	0.00	
Galactose	g	0.00	0.000	15	A	1		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	_	134	2.872		A	1		38	304	
Iron, Fe		4.55	0.066		A	1		1.29	10.33	
Magnesium, Mg		11		3	A	1		3	25	
Phosphorus, P		420		3	A	1		119	953	
Potassium, K	_	121	0.050	3	A	1		34	274	
Sodium, Na		67	0.860	15 3	A A	1 1		19	151 7.20	
Zinc, Zn		3.17 0.000		3	A	1		0.90 0.000	0.000	
Copper, Cu		0.000		3	A	1		0.000	0.000	
Selenium, Se		56.4		3	A	1		16.0	128.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	15	A	1		0.0	0.0	
Thiamin	mg	0.223		3	A	1		0.063	0.507	
Riboflavin	mg	0.563		3	A	1		0.160	1.279	
Niacin	mg	0.031		3	A	1		0.009	0.070	
Pantothenic acid	mg	3.437		3	A	1		0.974	7.801	
Vitamin B-6	mg	0.412	0.007	15	A	1		0.117	0.934	
Folate, total		151		3	A	1		43	342	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	151		3	A	1		43	342	
Folate, DFE		151		0	NC	4		43	342	
Choline, total	-	639.3		3	A	1		181.3	1451.3	
Betaine					_	_		0.54		
Vitamin B-12		1.90	0.259		A	1		0.54	4.32	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE		419 419	12.742		AS	1		119 119	950	
Retinol		10	12.742	3	A A	1		3	950	
Carotene, beta		36		0	BFFN	4		10	23	
Carotene, alpha Cryptoxanthin, beta		30		0	BFFN	4		9	83 73	
Vitamin A, IU		1469		0	NC	4		417	3335	
Lycopene		0		0	BFFN	4		0	0	
Lutein + zeaxanthin		904		3	A	1		256	2051	
Vitamin E (alpha-tocopherol)		2.24		3	A	1		0.64	5.09	
Vitamin E (alpha-tocopheror)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		3.00		-	-			- 700	2.00	
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

Amino Acids:

	<u>Am</u>	ount in 100	grams	Amount in edible portion of common					
			lum be		easures of fo	•			
					Source	Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta					-			12.5	
Vitamin D (D2 + D3) Vitamin D			20 0	AS NR	1 4		1.7 68	13.5 541	
Vitamin DVitamin K (phylloquinone)			0	BFFN	4		0.2	1.5	
Dihydrophylloquinone			U	DFFN	-		0.2	1.5	
Menaquinone-4									
Lipids:	+5								
Fatty acids, total saturated	8.6	15	0	NC	4		2.442	19.556	
4:0	=			A	1		0.000	0.000	
6:0	=			A	1		0.000	0.000	
8:0	•			A	1		0.000	0.000	
10:0	=			A	1		0.000	0.000	
12:0	=	0.0	00 15	A	1		0.000	0.000	
13:0	=								
14:0	=	83 0.0	01 15	A	1		0.024	0.189	
15:0	=			A	1		0.006	0.050	
16:0		11 0.0	38 15	A	1		1.761	14.098	
17:0	=	51 0.0	01 15	A	1		0.014	0.115	
18:0	=	49 0.0	31 15	A	1		0.637	5.104	
20:0		0.0	00 15	A	1		0.000	0.000	
22:0	0.0	0.0	00 15	A	1		0.000	0.000	
24:0	g 0.0	0.0	00 15	A	1		0.000	0.000	
Fatty acids, total monounsaturated	g 9.9	56	0	NC	4		2.823	22.600	
14:1	g 0.0	22 0.0	00 15	A	1		0.006	0.050	
15:1	g 0.0	0.0	00 15	A	1		0.000	0.000	
16:1 undifferentiated	g 0.5	45 0.0	23 15	A	1		0.155	1.238	
17:1	g 0.0	0.0	00 15	A	1		0.000	0.000	
18:1 undifferentiated	g 9.3	31 0.1	42 15	AS	1		2.645	21.181	
18:1 c	g 9.2	61 0.1	44 15	A	1		2.626	21.023	
18:1 t	g 0.0	69 0.0	05 15	A	1		0.020	0.158	
18:1-11 t (18:1t n-7)									
20:1	g 0.0	58 0.0	01 15	A	1		0.016	0.131	
22:1 undifferentiated	g 0.0	0.0	00 15	A	1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g 4.8	27	0	NC	4		1.368	10.957	
18:2 undifferentiated	g 4.0		75 15	AS	1		1.137	9.100	
18:2 n-6 c,c	g 3.9	80 0.1	74 15	A	1		1.128	9.035	
18:2 CLAs	=								
18:2 t,t	=	29 0.0	03 15	A	1		0.008	0.066	
18:2 i									
18:2 t not further defined	=				_				
18:3 undifferentiated				AS	1		0.035	0.281	
18:3 n-3 c,c,c (ALA)			11 15	A	1		0.026	0.210	
18:3 n-6 c,c,c				A	1		0.009	0.071	
18:3i	=			A	1		0.000	0.000	
18:4	=			A	1		0.000	0.000	
20:2 n-6 c,c	=		02 15	A	1		0.013	0.107	
20:3 undifferentiated		0.0	00 15	A	1		0.000	0.000	
20:3 n-3	•								
20:3 n-6	=	00 0 0	11 15		-		0 120	1 110	
20:4 undifferentiated	=	90 0.0	11 15	A	1		0.139	1.112	
20:4 n-6		00 00	00 15	A	1		0.000	0.000	
20:5 n-3 (EPA)	•	0.0	OO 13	A	_		0.000	0.000	
22:4		22 0 0	00 15	A	1		0.006	0.050	
22:5 n-3 (DPA)			05 15	A	1		0.006	0.307	
Fatty acids, total trans			05 15	NC	4		0.038	0.224	
Fatty acids, total trans	•		0	NC	4		0.028	0.224	
Fatty acids, total trans-monoenoic	•		0	NC	4		0.020	0.158	
auv acius, total trans-DOIVEHOIC	9 0.0			140					
Cholesterol	mg 991		3	A	1		281	2250	

	Amount in 1			Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std.Erro		Deriv		Confidence Code		Measure 2	Measure 3
Tryptophang	0.223	0	A	1		0.063	0.506	
Threonineg	0.706	0	A	1		0.200	1.603	
Isoleucineg	0.780	0	A	1		0.221	1.771	
Leucineg	1.351	0	A	1		0.383	3.067	
Lysineg	1.182	0	A	1		0.335	2.684	
Methionineg	0.375	0	A	1		0.106	0.852	
Cystineg	0.274	0	A	1		0.078	0.621	
Phenylalanineg	0.689	0	A	1		0.195	1.564	
Tyrosineg	0.682	0	A	1		0.193	1.549	
Valineg	0.908	0	A	1		0.258	2.062	
Arginineg	1.091	0	A	1		0.309	2.476	
Histidineg	0.399	0	A	1		0.113	0.905	
Alanineg	0.811	0	A	1		0.230	1.840	
Aspartic acidg	1.503	0	A	1		0.426	3.413	
Glutamic acidg	1.942	0	A	1		0.551	4.409	
Glycineg	0.476	0	A	1		0.135	1.081	
Prolineg	0.615	0	A	1		0.174	1.395	
Serineg	1.301	0	A	1		0.369	2.952	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: .5 lb

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in 100	grams	of edil		Amount in edible portion of common				
				Number				measures of food			
						Source Co	nfidence				
Nutrients and Units	S	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
roximates:											
Water		50.8	7	3	A	1		14.42	115.47		
Energy		275		0	NC	4		78	624		
Energy		1149		0	NC	4		326	2608		
Protein (N x 6.25)	g	14.0	7	3	A	1		3.99	31.93		
Total lipid (fat)	g	22.9	3	3	A	1		6.50	52.05		
Ash	g	10.3	7	3	A	1		2.94	23.53		
Carbohydrate, by difference	g	1.7	7	0	NC	4		0.50	4.02		
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0		
Sugars, total	g	0.0	7	3	A	1		0.02	0.15		
Sucrose	g	0.00	0	3	A	1		0.00	0.00		
Glucose (dextrose)	g	0.0	7	3	A	1		0.02	0.15		
Fructose		0.00	0	3	A	1		0.00	0.00		
Lactose		0.00	0	3	A	1		0.00	0.00		
Maltose		0.00		3	A	1		0.00	0.00		
Galactose		0.00		3	A	1		0.00	0.00		
Starch											
linerals:											
Calcium, Ca	mg	113		3	A	1		32	257		
Iron, Fe	mg	3.40	0	3	A	1		0.96	7.73		
Magnesium, Mg	mg	7		3	A	1		2	15		
Phosphorus, P	mg	414		3	A	1		117	939		
Potassium, K	mg	111		3	A	1		32	253		
Sodium, Na	<u>mg</u>	3487		3	A	1		988	7915		
Zinc, Zn	<u>mg</u>	2.8	7	3	A	1		0.81	6.52		
Copper, Cu	mg	0.13	21	3	A	1		0.034	0.274		
Manganese, Mn	mg	0.0	65	3	A	1		0.018	0.147		
Selenium, Se	µg	56.9		3	A	1		16.1	129.1		
itamins: Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_	0.14	40	3	A	1		0.040	0.318		
Riboflavin	-	0.4		3	A	1		0.121	0.969		
Niacin	•	0.0		3	A	1		0.008	0.062		
Pantothenic acid	-	3.10		3	A	1		0.898	7.188		
Vitamin B-6		0.40		3	A	1		0.114	0.912		
		112	02	3	A	1		32	253		
Folate, totalFolic acid		0		0	Z	7		0	0		
		112		3	A	1		32	253		
Folate, food Folate, DFE		112		0	NC	4		32	253		
,		705.0		3	A	1		199.9	1600.4		
Choline, total Betaine	_	703.0		3	Α.	-		199.9	1000.4		
	_	1.63	1	3	A	1		0.46	3.66		
Vitamin B-12		0.00		0	BFZN	4		0.00	0.00		
Vitamin B-12, added		313	U	0	AS	1		89	711		
Vitamin A, RAE				3		1		89			
Retinol Carotene, beta		313 0		3	A A	1		0	711 0		
Carotene, alpha		38		0	BFZN	4		11	86		
		33		0	BFZN	4		9	76		
Cryptoxanthin, beta		33 1043		0	BFZN AS	1		9 296	2368		
Vitamin A, IU		1043		0	BFZN	4		296	2368		
Lycopene		712		3	BFZN A	1		202	1617		
Lutein + zeaxanthin		2.2	0	3		1					
Vitamin E (alpha-tocopherol)				0	A BFZN	4		0.65	5.18		
Vitamin E, added		0.00	U	U	Br'ZN	4		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Γocotrienol, beta	mg mg										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 3.1 1 0.9 7.1 Vitamin D (D2 + D3).....µg 3 AS 126 3 A 1 285 36 BFZN Vitamin K (phylloquinone)......µg 0 4 0.7 0.2 1.6 Dihydrophylloquinone......µg Lipids: 16.251 Fatty acids, total saturated.....g 7.159 0 NC 4 2.030 0.000 0 BFZN 4 0.000 0.000 4:0.....g 0.000 0.000 BFZN 0.000 6:0.....g 0 4 8:0.....g 0.000 3 А 1 0.000 0.000 0.000 0.000 3 А 1 0.000 10:0.....g 0.000 3 A 1 0.000 0.000 13:0.....g 0.073 3 Α 1 0.021 0.165 14:0.....g 0.013 3 0.004 0.029 А 1 15:0......g 5.184 3 А 1 1.470 11.768 0.048 0.014 0.109 3 1 17:0......g Α 18:0.....g 1.841 3 Α 1 0.522 4.180 0.000 3 Α 1 0.000 0.000 20:0.....g 0.000 3 А 1 0.000 0.000 0.000 3 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 9.070 0 NC 4 2.571 20.589 0.016 3 A 1 0.004 0.036 14:1.......a 0.000 3 Α 1 0.000 0.000 16:1 undifferentiated.......Q 0.543 Α 1 0.154 1.233 0.010 3 Α 1 0.003 0.022 18:1 undifferentiated......g 8.438 3 Α 1 2.392 19.153 20:1.....g 0.064 3 Α 1 0.018 0.145 0.000 3 AS 1 0.000 0.000 1 22:1 c.....g 0.000 3 Α 0.000 0.000 22:1 t.....g 24:1 c.....g 3.733 0 4 1.058 8.474 Fatty acids, total polyunsaturated......g NC 18:2 undifferentiated......g 3.068 1 0.870 6.964 3 Α 18:3 undifferentiated......g 0.102 3 AS 1 0.029 0.231 18:3 n-3 c,c,c (ALA)......g 0.083 0.023 0.188 3 Α 1 0.019 3 0.005 0.043 18:3 n-6 c,c,c......g Α 1 18:3i.....g 0.000 0 BFZN 4 0.000 0.000 18:4.....g 0.045 3 1 0.013 0.101 А 0.000 3 Α 1 0.000 0.000 20:3 undifferentiated......g 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated......g 0.397 А 1 0.112 0.900 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 3 Α 1 0.000 0.000 21:5.....g 22:4.....g 0.003 0.023 22:5 n-3 (DPA).....g 0.010 3 Α 1 22:6 n-3 (DHA)......g 0.112 3 A 1 0.032 0.255 0.116 0 BFSN 4 0.263 0.033 Cholesterol....mg 912 3 Α 1 258 2069 Phytosterols....mg Amino Acids: 0.190 0 1 0.054 0.431 Tryptophan.....g Α 0.620 0 1 0.176 1.407 Threonine.....g Α 0 1 0.198 0.697 А 1.581 1.187 0 Α 1 0.336 2.694 Leucine.....g 0.293 1.033 0 2.346 Lysine.....g Α 1 0.320 0 A 1 0.091 0.726 Methionine.....g 0.240 0 А 1 0.068 0.545 Cystine.....g 0.610 Α 1 0.173 1.385 Phenylalanine.....g 0

	Amount in edible portion of common measures of food							
Nutrients and Units	Mean Std. Erro			Source C Code	onfidence Code	Measure 1	Measure 2	Measure 3
	0.505	•	_			0.160		
Tyrosineg	0.597 0.793	0	A A	1		0.169 0.225	1.354 1.801	
Valineg	0.793	0	A	1		0.225	2.149	
Arginine		-		1				
Histidineg	0.353	0	A	1		0.100	0.802	
Alanineg	0.710	0	A	1		0.201	1.612	
Aspartic acidg	1.333	0	A	1		0.378	3.027	
Glutamic acidg	1.697	0	A	1		0.481	3.851	
Glycineg	0.420	0	A	1		0.119	0.953	
Prolineg	0.550	0	A	1		0.156	1.248	
Serineg	1.133	0	A	1		0.321	2.572	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0	0.0	
Caffeinemg	0	0	BFZN	4		0	0	
Theobrominemg	0	0	BFZN	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 100	grams	of edil	ole portion		Amount in edible portion of common		
			N	lum ber					easures of fo	
						Source Confid	ence			
Nutrients and Uni	its	Mean	Std. Error			Code Cod		Measure 1	Measure 2	Measure
Proximates:										
Water		51.2	3	3	A	1		14.52	116.30	
Energy		307		0	NC	4		87	696	
Energy		1283		0	NC	4		364	2912	
Protein (N x 6.25)	-	13.8		3	A	1		3.93	31.48	
Total lipid (fat)		22.8		3	A	1		6.47	51.80	
Ash	_	1.1		3	A	1		0.32	2.57	
Carbohydrate, by difference		10.9	5	0	NC	4		3.10	24.85	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		10.3		3	A	1		2.92	23.38	
Sucrose		10.1		3	A	1		2.86	22.93	
Glucose (dextrose)		0.1		3	A	1		0.03	0.23	
Fructose	g	0.1		3	A	1		0.03	0.23	
Lactose		0.0		3	A	1		0.00	0.00	
Maltose		0.0		3	A	1		0.00	0.00	
Galactose		0.0	0	3	A	1		0.00	0.00	
Starch	g									
Minerals:		101			_				001	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	124	•	3	A	1		35	281	
Iron, Fe		3.70 10	U	3 3	A	1 1		1.05 3	8.39 24	
Magnesium, Mg	_	404		3	A A	1		3 114	2 4 916	
Phosphorus, P Potassium, K		105		3	A	1		30	238	
Sodium, Na	_	70		3	A	1		20	159	
Zinc, Zn		3.0	6	3	A	1		0.87	6.95	
Copper, Cu		0.0		2	A	1		0.003	0.027	
Manganese, Mn		0.0		3	A	1		0.023	0.182	
Selenium, Se		53.5		3	A	1		15.2	121.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.1	40	3	A	1		0.040	0.318	
Riboflavin	mg	0.5	23	3	A	1		0.148	1.188	
Niacin	_	0.0		3	A	1		0.011	0.085	
Pantothenic acid	•	3.2		3	A	1		0.932	7.461	
Vitamin B-6		0.3	98	3	A	1		0.113	0.903	
Folate, total		174		3	A	1		49	394	
Folic acid		0		0	Z	7		0	0	
Folate, food		174		3	A	1		49	394	
Folate, DFE		174		0 3	NC	4		49	394	
Choline, total		669.3		3	A	1		189.8	1519.4	
Betaine	_	1.6	4	3	A	1		0.46	3.72	
Vitamin B-12, added		0.00		0	BFZN	4		0.46	0.00	
Vitamin B-12, addedVitamin A, RAE		316	•	0	NC NC	4		90	717	
Retinol		313		0	BFZN	4		89	717	
Carotene, beta		0		3	A	1		0	0	
Carotene, alpha		38		0	BFZN	4		11	86	
Cryptoxanthin, beta		33		0	BFZN	4		9	76	
Vitamin A, IU		1103		0	NC	4		313	2503	
Lycopene		0		0	BFZN	4		0	0	
Lutein + zeaxanthin		967		3	A	1		274	2196	
Vitamin E (alpha-tocopherol)		2.2	5	3	A	1		0.64	5.10	
Vitamin E, added	_	0.0	0	0	BFZN	4		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 3.1 1 0.9 7.0 Vitamin D (D2 + D3).....µg 3 AS 123 3 A 1 35 280 BFZN Vitamin K (phylloquinone)......µg 0 4 0.7 0.2 1.6 Dihydrophylloquinone......µg Lipids: 16.140 Fatty acids, total saturated.....g 7.110 0 NC 4 2.016 0.000 0 BFZN 4 0.000 0.000 4:0.....g 0.000 0.000 BFZN 0.000 6:0.....g 0 4 8:0.....g 0.000 3 А 1 0.000 0.000 0.000 0.000 0.000 3 А 1 10:0.....g 0.003 3 A 1 0.001 0.007 13:0......g 0.104 3 Α 1 0.030 0.237 14:0.....g 0.013 3 0.004 0.029 А 1 15:0......g 5.127 3 А 1 1.453 11.638 0.041 0.012 0.094 3 1 17:0......g Α 18:0.....g 1.822 3 Α 1 0.517 4.136 0.000 3 Α 1 0.000 0.000 20:0.....g 0.000 3 А 1 0.000 0.000 0.000 3 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 8.885 0 NC 4 2.519 20.169 0.019 3 A 1 0.005 0.042 14:1.......a 0.000 3 Α 1 0.000 0.000 16:1 undifferentiated.......Q 0.527 Α 1 0.149 1.196 0.022 3 Α 1 0.006 0.051 18:1 undifferentiated......g 8.259 3 Α 1 2.341 18.748 20:1.....g 0.058 3 Α 1 0.016 0.132 0.000 3 AS 1 0.000 0.000 1 22:1 c.....g 0.000 3 Α 0.000 0.000 22:1 t.....g 24:1 c.....g 3.856 0 4 1.093 8.753 Fatty acids, total polyunsaturated......g NC 18:2 undifferentiated......g 3.154 1 0.894 7.160 3 Α 18:3 undifferentiated......g 0.112 3 AS 1 0.032 0.254 18:3 n-3 c,c,c (ALA)......g 0.083 3 0.024 0.188 Α 1 0.029 3 0.008 0.066 18:3 n-6 c,c,c......g Α 1 18:3i.....g 0.000 0 BFZN 4 0.000 0.000 18:4.....g 0.048 3 1 0.014 0.109 А 0.000 3 Α 1 0.000 0.000 20:3 undifferentiated......g 20:3 n-3.....g 20:3 n-6.....g 20:4 undifferentiated......g 0.400 А 1 0.113 0.909 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 3 Α 1 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.004 0.029 0.013 3 Α 1 22:6 n-3 (DHA)......g 0.129 3 A 1 0.036 0.292 0.115 0 BFSN 4 0.261 0.033 Cholesterol....mg 917 3 Α 1 260 2082 Phytosterols....mg Amino Acids: 0.190 0 1 0.054 0.431 Tryptophan.....g Α 0.627 0 1 0.178 1.423 Threonine.....g Α 0 1 0.198 0.697 А 1.581 1.180 0 Α 1 0.335 2.679 Leucine.....g 0.293 2.346 1.033 0 Lysine.....g Α 1 0.360 0 A 1 0.102 0.817 Methionine.....g 0.227 0 А 1 0.064 0.515 Cystine.....g 0.607 Α 1 0.172 1.377 Phenylalanine.....g 0

	Amount in 1	of edil	ole portion		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Erro	of Data or Points		Source Co Code	onfidence Code	Measure 1	Measure 2	Measure 3
	0.505	•	_			0.144		
Tyrosineg	0.507 0.790	0	A A	1		0.144 0.224	1.150 1.794	
Valineg	0.790	0	A	1		0.224	2.082	
Arginineg	0.353	0	A	1		0.200	0.802	
Histidineg	0.353	0	A	1		0.100	1.597	
Alanineg		-		1				
Aspartic acidg	1.337	0	A	1		0.379	3.035	
Glutamic acidg	1.690	0	A	1		0.479	3.837	
Glycineg	0.417	0	A	1		0.118	0.946	
Prolineg	0.547	0	A	1		0.155	1.241	
Serineg	1.137	0	A	1		0.322	2.581	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	BFZN	4		0.0	0.0	
Caffeinemg	0	0	BFZN	4		0	0	
Theobrominemg	0	0	BFZN	4		0	0	

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	t in 100 gra	ıms of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
					v Source	Confidence				
Nutrients and	Units	Mean Std	. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	82.54		0 R	2 4		209.65	26.25	838.60	
Energy		88		0 N	2 4		223	28	891	
Energy	kJ	367		0 N	2 4		932	117	3729	
Protein (N x 6.37)	g	4.55		0 R	2 4		11.55	1.45	46.18	
Total lipid (fat)	g	4.19		0 R	C 4		10.66	1.33	42.62	
Ash	g	0.67		0 R	C 4		1.71	0.21	6.85	
Carbohydrate, by difference	g	8.05		0 R	2 4		20.44	2.56	81.75	
Fiber, total dietary	g	0.0		0 R	2 4		0.0	0.0	0.0	
Sugars, total		8.05		0 N	R 4		20.44	2.56	81.75	
Sucrose		0.04		0 R	2 4		0.09	0.01	0.36	
Glucose (dextrose)		0.07		0 R	2 4		0.17	0.02	0.67	
Fructose		0.04		0 R	2 4		0.09	0.01	0.36	
Lactose	g	7.84		0 R			19.91	2.49	79.64	
Maltose		0.04		0 R	2 4		0.09	0.01	0.36	
Galactose		0.04		0 R			0.09	0.01	0.36	
Starch										
Minerals:										
Calcium, Ca	mg	130	4.803	7	1		330	41	1321	
Iron, Fe	mg	0.20		3	1		0.51	0.06	2.03	
Magnesium, Mg	mg	19		2	1		47	6	188	
Phosphorus, P	mg	109	4.561	6	1		278	35	1112	
Potassium, K	mg	165	9.997	6	1		420	53	1678	
Sodium, Na	mg	54	2.014	6	1		138	17	553	
Zinc, Zn	mg	0.46		0	1		1.17	0.15	4.67	
Copper, Cu	mg	0.013		0	1		0.033	0.004	0.13	
Manganese, Mn		0.005		0	1		0.013	0.002	0.05	
Selenium, Se	µg	4.2		0 BF1	IN 4		10.7	1.3	42.7	
Vitamins:		1.5	0.000	-	-		2.0			
Vitamin C, total ascorbic acid	_	1.5	0.289	3	1		3.8	0.5	15.2	
Thiamin	_	0.034	0.002	6	1 1		0.086	0.011	0.34	
Riboflavin	_	0.190	0.007	7	1		0.483	0.060	1.93	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.105	0.005	4	1		0.267	0.033	1.06	
Pantothenic acid	•	0.417 0.050		0	1		1.059 0.127	0.133	4.23 0.50	
Vitamin B-6		1	0.153	3	1		2	0.016 0	9	
Folic acid		0	0.155	0 RC			0	0	0	
Folate, food		1	0.153	3	1		2	0	9	
Folate, DFE		1	0.133	0 NC			2	0	9	
Choline, total		52.2		0 RC			132.5	16.6	530.0	
Betaine	_	0.6		0 RC			1.5	0.2	5.9	
Vitamin B-12	-	0.45		0	1		1.14	0.14	4.57	
Vitamin B-12, added		0.00		0 RC			0.00	0.00	0.00	
Vitamin A, RAE		59		0 NC			150	19	600	
Retinol		58		0 RC			148	19	594	
Carotene, beta		7		0 RC			18	2	70	
· ·		0		0 Z	7		0	0	0	
Carotene, alpha Cryptoxanthin, beta		0		0 Z	7		0	0	0	
Vitamin A, IU		206		0 NC			524	66	2096	
Lycopene		0		0 NC	7		0	0	2096	
Lutein + zeaxanthin		54		0 RC			137	17	5 4 7	
		0.21		0 RC			0.54	0.07	2.17	
Vitamin E (alpha-tocopherol)		0.21		0 RC			0.54	0.07	0.00	
Vitamin E, added		0.00		0 RC			0.00			
Tocopherol, beta								0.00	0.03	
Tocopherol, gamma		0.08		0 RC			0.21	0.03	0.86	
Tocopherol, delta		0.00					0.01	0.00	0.03	
Tocotrienol, alpha	g	0.00		0 RC	4		0.01	0.00	0.03	

	Amount in 100 grams of edible portion					Amount in edible portion of common		
		Number			<u>m</u>	easures of foo	<u>d</u>	
				Source Confidence	•			
N utrients and Units	Mean Std. Erro	r Points	Code	Code Code	Measure 1	Measure 2	Measure 3	
Tocotrienol, gammamg	0.00	0	RC	4	0.00	0.00	0.00	
Tocotrienol, deltamg	0.00	0	RC	4	0.00	0.00	0.00	
Vitamin D (D2 + D3)µg	1.2	0	RC	4	3.1	0.4	12.3	
Vitamin D2 (ergocalciferol)µg		•					10.0	
Vitamin D3 (cholecalciferol)µg	1.2 49	0	RC RC	4 4	3.1 123	0.4 15	12.3	
Vitamin D	0.3	0	RC	4	0.7	0.1	494 2.6	
Vitamin K (phylloquinone)µg Dihydrophylloquinoneµg	0.0	0	RC	4	0.0	0.0	0.1	
Menaquinone-4µg	•••		-1.0	-		0.0	0.1	
•								
Lipids: Fatty acids, total saturatedg	2.591	0		1	6.581	0.824	26.324	
4:0g	0.129	0		1	0.327	0.024	1.309	
6:0	0.076	0		1	0.194	0.024	0.776	
8:0g	0.044	0		1	0.113	0.014	0.450	
10:0g	0.100	0		1	0.253	0.032	1.013	
12:0g	0.112	0		1	0.284	0.036	1.138	
13:0g								
14:0g	0.401	0		1	1.019	0.128	4.076	
15:0g								
16:0g	1.131	0		1	2.873	0.360	11.494	
17:0g								
18:0g	0.511	0		1	1.299	0.163	5.196	
20:0g								
22:0g								
24:0g Fatty acids, total monounsaturatedg	1.302	0		1	3.307	0.414	13.230	
14:1g	1.302	U		-	3.307	0.414	13.230	
15:1g								
16:1 undifferentiatedg	0.101	0		1	0.258	0.032	1.031	
17:1g								
18:1 undifferentiatedg	1.142	0		1	2.900	0.363	11.601	
20:1g	0.000	0		1	0.000	0.000	0.000	
22:1 undifferentiated	0.000	0		1	0.000	0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.198	0		1	0.502	0.063	2.008	
18:2 undifferentiatedg	0.132	0		1	0.336	0.042	1.345	
18:3 undifferentiatedg	0.059	0		1	0.150	0.019	0.598	
18:4g	0.000	0		1	0.000	0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg 20:4 undifferentiatedg	0.003	0		1	0.000	0.001	0.036	
_	0.003	0		1	0.009 0.000	0.001 0.000	0.000	
20:5 n-3 (EPA)g 21:5g	0.000	U		1	0.000	0.000	0.000	
21:3g 22:4g								
22:5 n-3 (DPA)g	0.000	0		1	0.000	0.000	0.000	
22:6 n-3 (DHA)g	0.000	0		1	0.000	0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	59	0		1	149	19	596	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.085	0	RC	4	0.216	0.027	0.865	
Threonineg	0.201	0	RC	4	0.511	0.064	2.045	
Isoleucineg	0.237	0	RC	4	0.603	0.075	2.411	
Leucineg	0.383	0	RC	4	0.972	0.122	3.888	
Lysineg	0.257	0	RC	4	0.653	0.082	2.613	
Methionineg	0.120	0	RC	4	0.304	0.038	1.217	
Cystineg	0.057	0	RC	4	0.145	0.018	0.582	
Phenylalanineg	0.225	0	RC	4	0.571	0.071	2.282	
Tyrosineg	0.199	0	RC	4	0.505	0.063	2.020	
Valineg	0.289	0	RC	4	0.733	0.092	2.933	
Arginineg	0.191	0	RC	4	0.486	0.061	1.945	
Histidine	0.108	0	RC RC	4 4	0.275	0.034	1.101	
Alanineg	0.199	U	KC.	T	0.506	0.063	2.024	

NDB No. 01057 Eggnog

	<u>Amount ir</u>	100 grams	of edi	ble portion		edible portion	
		Number	•		<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Er	of Data ror Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Aspartic acidg	0.400	0	RC	4	1.017	0.127	4.067
Glutamic acidg	0.775	0	RC	4	1.969	0.247	7.876
Glycineg	0.128	0	RC	4	0.326	0.041	1.303
Prolineg	0.349	0	RC	4	0.885	0.111	3.542
Serineg	0.241	0	RC	4	0.612	0.077	2.447
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	0.0
Caffeinemg	0	0	Z	7	0	0	0
Theobrominemg	0	0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup Measure 2 = 31.8g: 1 fl oz Measure 3 = 1016g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.9

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		Amount	in 100 grams	oreall	JIE POLLIO	<u>'11</u>	Amount in e	dible portion	of common
			Number				<u>m</u>	easures of fo	<u>od</u>
					Source (Confidence			
Nutrients and Un	ite	Mean Std. I	error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	1113	Weari Stu.	1101 · cc				Wicasure i	Wiedsule 2	wieasuie .
Proximates:									
Water	g	72.70	0		4		20.61		
Energy		131	0		1		37		
Energy		548	0		1		155		
Protein (N x 6.25)		13.10	0		1		3.71		
Total lipid (fat)	-	5.60	0		1		1.59		
Ash		1.10	0	NR	4		0.31		
Carbohydrate, by difference	_	7.50	0	NC	4		2.13		
Fiber, total dietary		0.0	0		7		0.0		
Sugars, total		7.50	0	NR	4		2.13		
Starch		,,,,,	· ·	-1-1	-				
Starcii	9								
Minerals:									
Calcium, Ca	<u>m</u> g	17	0		4		5		
Iron, Fe		0.23	0		4		0.07		
Magnesium, Mg	mg	10	0		4		3		
Phosphorus, P		30	0		4		9		
Potassium, K	_	147	0		4		42		
Sodium, Na	-	162	0		4		46		
Zinc, Zn	-	0.14	0		4		0.04		
Copper, Cu		0.030	0		4		0.009		
Manganese, Mn	-		_						
Selenium, Se	µg	22.9	0	BFSN	4		6.5		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0		4		0.0		
Thiamin	_	0.010	0		4		0.003		
Riboflavin		0.300	0		4		0.085		
Niacin	-	0.090	0		4		0.026		
Pantothenic acid	-								
Vitamin B-6	_	0.010	0		4		0.003		
Folate, total	µg	17	0		4		5		
Folic acid	µg	0	0	Z	7		0		
Folate, food	µg	17	0		4		5		
Folate, DFE	µg	17	0	NC	4		5		
Choline, total	mg	255.7	0	BFSN	4		72.5		
Betaine	mg								
Vitamin B-12	µg	0.17	0		4		0.05		
Vitamin B-12, added	µg	0.00	0	Z	7		0.00		
Vitamin A, RAE	µg	21	0	NC	4		6		
Retinol	µg	0	0	Z	7		0		
Carotene, beta	µg	246	0	NR	4		70		
Carotene, alpha	µg	0	0	Z	7		0		
Cryptoxanthin, beta	µg	0	0	Z	7		0		
Vitamin A, IU	<u>I</u> U	410	0	NC	4		116		
Lycopene	µg	0	0	Z	7		0		
Lutein + zeaxanthin	µg	0	0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.84	0	NR	4		0.24		
Vitamin E, added	<u>mg</u>	0.00	0	Z	7		0.00		
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	-								
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)	µg	1.8	0	AS	1		0.5		
Vitamin D		72	0	BFZN	4		20		
Vitamin K (phylloquinone)	µg	1.8	0	BFFN	4		0.5		
· · · · · · · · · · · · · · · · · · ·									

		<u>Am ou</u>	nt in 10	0 grams	of edil	ole portion	<u>1</u>		dible portion	
				Number				<u>m</u>	easures of foo	<u>oa</u>
				of Data	Deriv	Source C	onfidence			
Nutrients and Units	s Me	an Sto	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.052		0		4		0.298		
4:0		0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.009		0		4		0.003		
15:0	g									
16:0	g	0.717		0		4		0.203		
17:0	g									
18:0	g	0.318		0		4		0.090		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.339		0		4		0.663		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.057		0		4		0.016		
17:1	g									
18:1 undifferentiated		2.272		0		4		0.644		
20:1	g	0.004		0		4		0.001		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.778		0		4		0.504		
18:2 undifferentiated	g	1.635		0		4		0.464		
18:3 undifferentiated	-	0.115		0		4		0.033		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.019		0		4		0.005		
20:5 n-3 (EPA)		0.001		0		4		0.000		
21:5										
22:4	-									
22:5 n-3 (DPA)		0.000		0		4		0.000		
22:6 n-3 (DHA)		0.005		0		4		0.001		
Fatty acids, total trans	-									
Cholesterol	3	277		0	BFZN	4		79		
Phytosterols	mg									
Others:						_				
Alcohol, ethyl	-	0.0		0		7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.36 Fat 9.02 Carbohydrate 3.68

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		<u>Am o</u>	unt in 100			le portic	<u>on</u>		edible portion easures of fo	
				Number		_	•	<u> </u>	- usures 01 100	<u> </u>
							Confidence			
Nutrients and Ur	nits	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.52		0	BFZN	4		44.56		
Energy	kcal	129		0	NC	4		88		
Energy	kJ	541		0	NC	4		368		
Protein		4.41		1	LC	8		3.00		
Total lipid (fat)	_	0.00		1	LC	8		0.00		
Ash	_	1.20		0	BFZN	4		0.82		
Carbohydrate, by difference		27.94		1	LC	8		19.00		
Fiber, total dietary		7.4		1	LC	8		5.0		
Sugars, total		8.82		1	LC	8		6.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	147		1	LC	8		100		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg		9		0	BFZN	4		6		
Phosphorus, P		75		0	BFZN	4		51		
Potassium, K		196		0	BFZN	4		133		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	110 0.31		1 0	LC BFZN	8 4		75 0.21		
Zinc, Zn Copper, Cu		0.030	1	0	BFZN	4		0.020		
Manganese, Mn		0.050		·	21 211	-		0.020		
Selenium, Se	_	1.9		0	BFZN	4		1.3		
<u>Vitamins:</u>	ma	0.0		1	LC	8		0.0		
Vitamin C, total ascorbic acid Thiamin	_	0.029	1	1 0	BFZN	4		0.020		
Riboflavin	_	0.122		0	BFZN	4		0.020		
Niacin	_	0.074		0	BFZN	4		0.050		
Pantothenic acid	_									
Vitamin B-6	_	0.029)	0	BFZN	4		0.019		
Folate, total	µg	4		0	BFZN	4		3		
Folic acid	µg	0		0	BFZN	4		0		
Folate, food	µg	4		0	BFZN	4		3		
Folate, DFE		4		0	NC	4		3		
Choline, total		23.0		0	BFZN	4		15.6		
Betaine	_	0.50		0	DEGN	4		0.35		
Vitamin B-12, added		0.52 0.00		0	BFZN BFZN	4 4		0.35 0.00		
Vitamin B-12, added		133		0	NC	4		91		
Retinol		132		0	NR	4		90		
Carotene, beta		12		0	BFZN	4		8		
Carotene, alpha		0		0	BFZN	4		0		
Cryptoxanthin, beta		0		0	BFZN	4		0		
Vitamin A, IU		461		0	NC	4		313		
Lycopene		0		0	BFZN	4		0		
Lutein + zeaxanthin	µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol)		0.00		0	BFZN	4		0.00		
Vitamin E, added		0.00		0	BFZN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	_									
Vitamin D (D2 + D3)		0.0		0	BFZN	4		0.0		
Vitamin D		0		0	NR	4		0		
Vitamin K (phylloquinone)	µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Nutrients and Units Number of Data Deriv Source Cordidence
Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3
Lipids: Staty acids, total saturated
Fatty acids, total saturated
Fatty acids, total saturated
4:0
6:0
8:0
10:0
12:0
13:0
14:0
15:0
16:0
17:0
18:0
20:0
22:0
24:0
Fatty acids, total monounsaturated
14:1
15:1
16:1 undifferentiated 9 0.000 0 BFZN 4 0.000 17:1 9 0.000 0 BFZN 4 0.000 20:1 9 0.000 0 BFZN 4 0.000 22:1 undifferentiated 9 0.000 0 BFZN 4 0.000 24:1 c 9 0.000 0 BFZN 4 0.000 18:2 undifferentiated 9 0.000 0 BFZN 4 0.000 18:3 undifferentiated 9 0.000 0 BFZN 4 0.000
17:1
18:1 undifferentiated 9 0.000 0 BFZN 4 0.000 20:1 9 0.000 0 BFZN 4 0.000 22:1 undifferentiated 9 0.000 0 BFZN 4 0.000 24:1 c 9 0.000 0 BFZN 4 0.000 18:2 undifferentiated 9 0.000 0 BFZN 4 0.000 18:3 undifferentiated 9 0.000 0 BFZN 4 0.000
20:1 9 0.000 0 BFZN 4 0.000 22:1 undifferentiated 9 0.000 0 BFZN 4 0.000 24:1 c 9 0.000 0 BFZN 4 0.000 18:2 undifferentiated 9 0.000 0 BFZN 4 0.000 18:3 undifferentiated 9 0.000 0 BFZN 4 0.000
22:1 undifferentiated g 0.000 0 BFZN 4 0.000 24:1 c g 0.000 0 BFZN 4 0.000 Fatty acids, total polyunsaturated g 0.000 0 BFZN 4 0.000 18:2 undifferentiated g 0.000 0 BFZN 4 0.000 18:3 undifferentiated g 0.000 0 BFZN 4 0.000
24:1 c
Fatty acids, total polyunsaturated
18:2 undifferentiated
18:3 undifferentiated
20:2 n-6 c,c
20:3 undifferentiated
20:5 n-3 (EPA)
21:5
21:3
22:5 n-3 (DPA)g 0.000 0 BFZN 4 0.000
22:6 n-3 (DHA)
Fatty acids, total trans
Cholesterolmg 0 1 LC 8 0
Phytosterolsmg
Others:
Alcohol, ethyl
Caffeinemg 0 0 BFZN 4 0
Theobrominemg 0 0 BFZN 4 0

Common Measures:

Measure 1 = 68g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am</u>	ount in 10			ole porti	<u>ion</u>	Amount in edible portion of common measures of food			
				Number		_		<u>m</u>	easures 01 10	<u> </u>	
							Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	55.1	4	0	BFFN	4					
Energy	kcal	303		0	NC	4					
Energy	kJ	1266		0	NC	4					
Protein	-	5.6	2	0		8					
Total lipid (fat)	-	25.8		0		8					
Ash		1.5		0	BFFN	4					
Carbohydrate, by difference		11.8		0	NC	4					
Fiber, total dietary		1.1		0		8					
Sugars, total		10.8	0	0	NR	4					
Starch	g										
Minerals:											
Calcium, Ca	mg	90		0		8					
Iron, Fe	mg	1.2	1	0		8					
Magnesium, Mg	mg	37		0	BFFN	4					
Phosphorus, P		146		0	BFFN	4					
Potassium, K		304		0	BFFN	4					
Sodium, Na	-	56		0		8					
Zinc, Zn		0.8		0	BFFN	4 4					
Copper, Cu		0.1	64	U	BFFN	4					
Manganese, Mn Selenium, Se		3.1		0	BFFN	4					
		3.1		Ū	2111	•					
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0		8					
Thiamin	-	0.0		0	BFFN	4					
Riboflavin	-	0.2 1.2		0	BFFN BFFN	4 4					
Pantothenic acid	-	1.2	20	U	DFFN	-					
Vitamin B-6	-	0.2	81	0	BFFN	4					
Folate, total	-	14		0	BFFN	4					
Folic acid		0		0	BFFN	4					
Folate, food		14		0	BFFN	4					
Folate, DFE	µg	14		0	NC	4					
Choline, total	<u></u> mg	38.0		0	BFFN	4					
Betaine											
Vitamin B-12		0.4		0	BFFN	4					
Vitamin B-12, added		0.0	0	0	BFFN	4					
Vitamin A, RAE		61		0	NC	4 4					
Retinol Carotene, beta		56 56		0	BFFN BFFN	4					
Carotene, alpha		0		0	BFFN	4					
Cryptoxanthin, beta		0		0	BFFN	4					
Vitamin A, IU		281		0	NC	4					
Lycopene		0		0	BFFN	4					
Lutein + zeaxanthin	µg	0		0	BFFN	4					
Vitamin E (alpha-tocopherol)	mg	0.5	4	0	BFFN	4					
Vitamin E, added	mg	0.0	0	0	BFFN	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Tocotrienol, alpha	-										
Tocotrienol, beta Tocotrienol, gamma											
Tocotrienol, gamma											
Vitamin D (D2 + D3)		0.2		0	BFFN	4					
Vitamin D		9		0	NR	4					
Vitamin K (phylloquinone)		1.7		0	BFFN	4					
Dihydrophylloquinone											
Menaquinone-4											

	Amount in			<u>1</u>	Amount in edible portion of common measures of food			
		Num bei		Source C	onfidence	<u></u>		
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	15.904	0	NC	4				
4:0g	0.347	0	BFFN	4				
6:0g	0.255	0	BFFN	4				
8:0g	0.713	0	BFFN	4				
10:0g	0.807	0	BFFN	4				
12:0g	4.150	0	BFFN	4				
13:0g								
14:0g	2.625	0	BFFN	4				
15:0g								
16:0g	4.674	0	BFFN	4				
17:0g		_		_				
18:0g	2.333	0	BFFN	4				
20:0g								
22:0g 24:0g								
Fatty acids, total monounsaturatedg	6.208	0	NC	4				
14:1g	***************************************	·		-				
15:1g								
16:1 undifferentiatedg	0.238	0	BFFN	4				
17:1g								
18:1 undifferentiatedg	5.918	0	BFFN	4				
20:1g	0.052	0	BFFN	4				
22:1 undifferentiatedg	0.000	0	BFFN	4				
24:1 cg								
Fatty acids, total polyunsaturatedg	1.879	0	NC	4				
18:2 undifferentiatedg	1.721	0	BFFN	4				
18:3 undifferentiatedg	0.159	0	BFFN	4				
18:4g	0.000	0	BFFN	4				
20:2 n-6 c,cg								
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000	0	BFFN	4				
20:5 n-3 (EPA)g	0.000	0	T	4				
21:5g	0.000	ŭ	-	-				
22:4g								
22:5 n-3 (DPA)g	0.000	0	BFFN	4				
22:6 n-3 (DHA)g	0.000	0	BFFN	4				
Fatty acids, total transg	0.000	0		8				
Cholesterolmg	56	0		8				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	BFFN	4				
Caffeineg	4	0	BFFN	4				
Theobrominemg	41	0	BFFN	4				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	unt in 10	o gram s	oreal	ne porti	<u>011</u>	Amount in edible portion of common		
				Num ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean S	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Nathents and of	iito	Mean of	а. 🗖 гог					weasure i	measure 2	Measure
Proximates:										
Water	g	35.48		0	FLC	4		33.70		
Energy		358		0	LC	8		340		
Energy	kJ	1497		0	LC	8		1422		
Protein (N x 6.38)	g	2.11		0	LC	8		2.00		
Total lipid (fat)		25.26		0	LC	8		24.00		
Ash		0.41		0	FLC	4		0.39		
Carbohydrate, by difference	g	37.12		0	FLC	4		35.26		
Fiber, total dietary		1.1		0	LC	8		1.0		
Sugars, total		21.05		0	LC	8		20.00		
Starch										
Staron										
Minerals:										
Calcium, Ca		63		0	LC	8		60		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00		0	LC	8		0.00		
Magnesium, Mg	-	11		0	FLC	4		10		
Phosphorus, P		57		0	FLC	4		55		
Potassium, K	_	71		0	FLC	4		68		
Sodium, Na	-	84		0	LC	8		80		
Zinc, Zn	-	0.32		0	FLC	4		0.30		
Copper, Cu		0.031		0	FLC	4		0.030		
Manganese, Mn	-									
Selenium, Se	µg	4.0		0	FLC	4		3.8		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	LC	8		0.0		
Thiamin	_	0.043		0	FLC	4		0.040		
Riboflavin		0.069		0	FLC	4		0.066		
Niacin	-	0.548		0	FLC	4		0.521		
Pantothenic acid	-	0.303		0	FLC	4		0.288		
Vitamin B-6	_	0.106		0	FLC	4		0.100		
Folate, total	-	3		0	FLC	4		3		
Folic acid		0		0	FLC	4		0		
Folate, food		3		0	FLC	4		3		
Folate, DFE		3		0	NC	4		3		
Choline, total		45.0		0	FLC	4		42.7		
Betaine	-	2000		·		-				
Vitamin B-12		0.09		0	FLC	4		0.09		
Vitamin B-12, added		0.00		0	FLC	4		0.00		
Vitamin A, RAE		35		0	FLC	4		33		
Retinol		35		0	FLC	4		33		
Carotene, beta		5		0	FLC	4		5		
Carotene, alpha		0		0	FLC	4		0		
_		0		0	FLC	4		0		
Cryptoxanthin, beta Vitamin A, IU		105		0	LC	8		100		
Lycopene		0		0	FLC	4		0		
		0		0	FLC	4		0		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		2.25		0	FLC	4		2.13		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	FLC	4		0.00		
Tocopherol, beta	-	0.00		U	FIC	7		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.1		0	FLC	4		0.1		
		3		0	FLC	4		3		
Vitamin D		22.3		0	FLC	4		21.2		
Vitamin K (phylloquinone)		44.3		U	FTC	*		41.4		
Dihydrophylloquinone										

	Amount in	100 grams	of edi		Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Er	ror Points			Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	17.895	0	LC	8		17.000		
4:0g	0.414	0	FLC	4		0.393		
6:0g	0.244	0	FLC	4		0.232		
8:0g	0.122	0	FLC	4		0.116		
10:0g	0.271	0	FLC	4		0.258		
12:0g	0.316	0	FLC	4		0.300		
13:0g								
14:0g	1.192	0	FLC	4		1.132		
15:0	0.101	0	FLC	4		0.096		
16:0g	11.671	0	FLC	4		11.087		
17:09	0.058	0	FLC	4		0.055		
18:0g	3.483	0	FLC	4		3.309		
20:0g	0.016	0	FLC	4		0.015		
22:0g	0.000	0	FLC	4		0.000		
	0.000	U	FLC	4		0.000		
24:0g	1 182	•	a	4		1 114		
Fatty acids, total monounsaturatedg	1.173	0	FLC	4		1.114		
14:1g	0.006	0	FLC	4		0.006		
15:1g	0.000	0	FLC	4		0.000		
16:1 undifferentiatedg	0.027	0	FLC	4		0.026		
17:1g	0.002	0	FLC	4		0.002		
18:1 undifferentiatedg	1.137	0	FLC	4		1.080		
20:1g	0.001	0	FLC	4		0.001		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	2.208	0	FLC	4		2.098		
18:2 undifferentiatedg	2.012	0	FLC	4		1.912		
18:3 undifferentiatedg	0.190	0	FLC	4		0.181		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg	0.000	0	FLC	4		0.000		
20:3 undifferentiatedg	0.000	0	FLC	4		0.000		
20:4 undifferentiatedg	0.001	0	FLC	4		0.001		
20:5 n-3 (EPA)	0.000	0	FLC	4		0.000		
21:5g		· ·		-		0.000		
21:3g 22:4g								
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4		0.000		
Fatty acids, total trans	0.000	0	LC	8		0.000		
-	16	0	LC	8		15		
Cholesterolmg	70	U	TC	0		12		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	FLC	4		0.0		
Caffeinemg	0	0	FLC	4		0		
Theobrominemg	0	0	FLC	4		0		

Common Measures:

Measure 1 = 95g: 26 pieces

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in 10	u grams	or ean	ole portio	<u>on</u>	Amount in edible portion of common			
				Number					easures of fo		
						Source	Confidence	_		•	
Nutrients and Uni	ito	Moon	Std. Error				Code	Magaura 1	Magaura 2	Magaura	
Nutrients and Un	its	Mean	Sta. Error	TOILLS	Code	Coue	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	37.43	1	0	NR	4		35.93			
Energy	kcal	354		1	LC	8		340			
Energy	kJ	1482		0	LC	8		1423			
Protein (N x 6.25)	g	5.21	-	1	LC	8		5.00			
Total lipid (fat)	g	21.88	1	1	LC	8		21.00			
Ash	g	1.11	-	0	FLC	4		1.07			
Carbohydrate, by difference	g	34.38	1	1	LC	8		33.00			
Fiber, total dietary	g	1.0		1	LC	8		1.0			
Sugars, total	g	25.00)	1	LC	8		24.00			
Starch	g										
Mil											
Minerals:				_		•					
Calcium, Ca	-	63		1	LC	8		60			
Iron, Fe		0.00 29	1	1 0	LC FLC	8 4		0.00 28			
Magnesium, Mg	-	108		0	FLC	4		28 104			
Phosphorus, P Potassium, K		222		0	FLC	4		213			
Sodium, Na	-	94		1	LC	8		90			
Zinc, Zn		0.86	:	0	FLC	4		0.82			
Copper, Cu	-	0.12		0	FLC	4		0.123			
Manganese, Mn		0.12		0	FLC	4		0.186			
Selenium, Se	-	2.6	-	0	FLC	4		2.5			
, ,				-		=					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0	_	1	LC	8		0.0			
Thiamin	-	0.10		0	FLC	4		0.104			
Riboflavin	-	0.25		0	FLC	4		0.242			
Niacin	-	0.82		0	FLC	4		0.795			
Pantothenic acid	-	0.43		0	FLC	4		0.421			
Vitamin B-6	-	0.04	:6	0	FLC	4		0.044			
Folate, total		24		0	FLC	4		23			
Folic acid		16		0	FLC	4		15			
Folate, food		8		0	FLC	4		8			
Folate, DFE		35		0	NC	4		33			
Choline, total	-	23.8		0	FLC	4		22.8			
Betaine											
Vitamin B-12		0.36		0	FLC	4		0.34			
Vitamin B-12, added		0.00	•	0	FLC	4		0.00			
Vitamin A, RAE		32 31		0	NC	4		31 30			
Retinol				0	NR	-					
Carotene, beta		11 0		0	FLC	4		10 0			
Carotene, alpha		0		0	FLC	4		0			
Cryptoxanthin, beta		104		0 1	FLC LC	4 8		100			
Vitamin A, IU		0		0	FLC	4		0			
LycopeneLutein + zeaxanthin		4		0	FLC	4		4			
		0.18	,	0	FLC	4		0.17			
Vitamin E (alpha-tocopherol) Vitamin E, added		0.18		0	FLC	4		0.00			
Tocopherol, beta		0.00	•	U	FIC	-		0.00			
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	FLC	4		0.1			
Vitamin D		3		0	FLC	4		3			
Vitamin K (phylloquinone)		1.1		0	FLC	4		1.1			
Dihydrophylloquinone				•		-					
Menaquinone-4											

	Amount in	100 grams		Amount in edible portion of common measures of food			
		Number			<u>m</u>	easures of too	<u>oa</u>
		of Data	Deriv	Source Confiden	ce		
Nutrients and Units	Mean Std. Err	or Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Lipids:							
Fatty acids, total saturated	11.458	1	LC	8	11.000		
4:0g	0.281	0	FLC	4	0.270		
6:0g	0.197	0	FLC	4	0.189		
8:0g	0.148	0	FLC	4	0.142		
10:0g	0.235	0	FLC	4	0.225		
12:0g	0.254	0	FLC	4	0.244		
13:0g	0.000	0	FLC	4	0.000		
14:0g	0.948	0	FLC	4	0.910		
15:0g	0.000	0	FLC	4	0.000		
16:0g	4.933	0	FLC	4	4.735		
17:0g	0.014	0	FLC	4	0.014		
18:0g	4.204	0	FLC	4	4.036		
20:0g	0.080	0	FLC	4	0.077		
22:0g	0.007	0	FLC	4	0.007		
24:0g	0.000	0	FLC	4	0.000		
Fatty acids, total monounsaturatedg	7.340	0	FLC	4	7.046		
14:1g	0.000	0	FLC	4	0.000		
15:1g	0.000	0	FLC	4	0.000		
16:1 undifferentiatedg	0.185	0	FLC	4	0.178		
17:1g	0.000	0	FLC	4	0.000		
18:1 undifferentiated	7.140	0	FLC	4	6.855		
20:1g	0.014	0	FLC	4	0.014		
22:1 undifferentiatedg	0.000	0	FLC	4	0.000		
24:1 cg	0.000	0	FLC	4	0.000		
Fatty acids, total polyunsaturatedg	1.657	0	FLC	4	1.591		
18:2 undifferentiated	1.408	0	FLC	4	1.351		
18:3 undifferentiated	0.249	0	FLC	4	0.239		
18:4g	0.000	0	FLC	4	0.000		
20:2 n-6 c.cg	0.000	0	FLC	4	0.000		
20:3 undifferentiatedg	0.000	0	FLC	4	0.000		
20:4 undifferentiatedg	0.000	0	FLC	4	0.000		
20:5 n-3 (EPA)g	0.000	0	FLC	4	0.000		
21:5							
22:4g							
22:5 n-3 (DPA)g	0.000	0	FLC	4	0.000		
22:6 n-3 (DHA)g	0.000	0	FLC	4	0.000		
Fatty acids, total transg							
Cholesterolmg	21	1	LC	8	20		
Phytosterolsmg							
Others:							
Alcohol, ethylg	0.0	0	FLC	4	0.0		
Caffeinemg	7	0	FLC	4	7		
Theobrominemg	56	0	FLC	4	53		

Common Measures:

Measure 1 = 96g: 1 unit

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in	100 grains	or eun	Amount in 100 grams of edible portion								
			Number	•			<u>m</u>	easures of fo	<u>od</u>				
			of Data	Deriv	Source (Confidence							
Nutrients and Un	nits	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure				
			<u>. </u>										
Proximates:													
Water	g	48.70	0	NR	4		39.93						
Energy	kcal	240	0	NC	4		197						
Energy	kJ	1003	0	NC	4		822						
Protein	g	3.70	1	LC	8		3.03						
Total lipid (fat)	g	7.40	1	LC	8		6.07						
Ash	g	0.55	0	RA	4		0.45						
Carbohydrate, by difference	g	39.60	1	LC	8		32.47						
Fiber, total dietary	g	1.2	1	LC	8		1.0						
Sugars, total	g	21.30	1	LC	8		17.47						
Starch													
	_												
Minerals:_													
Calcium, Ca	_	73	1	LC	8		60						
Iron, Fe	_	1.10	1	ГC	8		0.90						
Magnesium, Mg		16	0	RA	4		13						
Phosphorus, P		54	0	RA	4		44						
Potassium, K	_	68	0	RA	4		55						
Sodium, Na	_	162	1 0	LC	8 4		133						
Zinc, Zn	_	0.32 0.106	0	RA RA	4		0.26 0.087						
Copper, Cu		0.100	0	RA RA	4		0.087						
Selenium, Se	_	3.1	0	BFZN	4		2.6						
· ·	μ9	3.1	Ū	DF ZIN	-		2.0						
<u>Vitamins:</u>													
Vitamin C, total ascorbic acid	_	0.0	1	LC	8		0.0						
Thiamin	mg	0.030	0	RA	4		0.024						
Riboflavin	_	0.030	0	RA	4		0.025						
Niacin	_	0.237	0	RA	4		0.194						
Pantothenic acid	_	0.115	0	RA	4		0.094						
Vitamin B-6	-	0.028	0	RA	4		0.023						
Folate, total		5	0	RA	4		4						
Folic acid		0	0	RA	4		0						
Folate, food		5	0	RA	4		4						
Folate, DFE		5	0	NC	4		4						
Choline, total		8.0	0	BFZN	4		6.5						
Betaine			•										
Vitamin B-12		0.01	0	RA	4		0.00						
Vitamin B-12, added		0.00	0	BFZN	4		0.00						
Vitamin A, RAE		37 37	0	NC LC	4 8		30 30						
Retinol			1										
Carotene, beta		0	0	BFZN	4		0 0						
Carotene, alpha		0	0	BFZN	4		0						
Cryptoxanthin, beta		122	0 1	BFZN LC	4 8		100						
Vitamin A, IU		0	0	BFZN	4		0						
Lycopene Lutein + zeaxanthin		6	0	BFZN	4		5						
Vitamin E (alpha-tocopherol)		0.40	0	BFZN	4		0.32						
Vitamin E, added		0.00	0	BFZN	4		0.00						
Tocopherol, beta	_	0.00	U	DE AN	7		0.00						
Tocopherol, gamma													
Tocopherol, delta													
Tocotrienol, alpha													
Tocotrienol, beta													
Tocotrienol, gamma													
Tocotrienol, delta													
Vitamin D (D2 + D3)		0.0	0	BFZN	4		0.0						
Vitamin D		0	0	NR	4		0						
Vitamin K (phylloquinone)		1.3	0	BFZN	4		1.1						
Dihydrophylloquinone			J	DI DIN	4		***						
Menaquinone-4													

		<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
				Number	r			<u>m</u>	easures of fo	<u>od</u>
						Source	Confidence			
Nutrients and U	nits	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	1.66	53	0	NC	4		1.364		
4:0		0.00	00	0	BFZN	4		0.000		
6:0	•	0.00)4	0	BFZN	4		0.004		
8:0	_	0.05	50	0	BFZN	4		0.041		
10:0	-	0.04	10	0	BFZN	4		0.033		
12:0	-	0.00)4	0	RA	4		0.003		
13:0	-									
14:0		0.04	10	0	RA	4		0.033		
15:0	_									
16:0		0.21	11	0	RA	4		0.173		
17:0	_									
18:0	-	1.31	L 4	0	RA	4		1.078		
20:0										
22:0	_									
24:0	g									
Fatty acids, total monounsaturated	_	4.15	50	0	NC	4		3.403		
14:1	_									
15:1										
16:1 undifferentiated	-	0.00)6	0	RA	4		0.005		
17:1										
18:1 undifferentiated	_	4.14	14	0	RA	4		3.398		
20:1		0.00	00	0	BFZN	4		0.000		
22:1 undifferentiated	_	0.00	00	0	BFZN	4		0.000		
24:1 c	•									
Fatty acids, total polyunsaturated	_	0.84	1 7	0	NC	4		0.694		
18:2 undifferentiated		0.79	98	0	RA	4		0.655		
18:3 undifferentiated		0.04		0	RA	4		0.036		
18:4	_	0.00		0	BFZN	4		0.000		
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.00)2	0	BFZN	4		0.002		
20:5 n-3 (EPA)		0.00		0	BFZN	4		0.001		
21:5	-							******		
22:4										
22:5 n-3 (DPA)	_	0.00	00	0	BFZN	4		0.000		
22:6 n-3 (DHA)		0.00		0	BFZN	4		0.001		
Fatty acids, total trans				-		=		******		
Cholesterol		6		1	LC	8		5		
Phytosterols	-	Ŭ		-		ŭ		~		
•	g									
Others:										
Alcohol, ethyl	_	0.0		0	BFZN	4		0.0		
Caffeine	-	6		0	RA	4		5		
Theobromine	mg	42		0	RA	4		34		

Common Measures:

Measure 1 = 82g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		Amou	unt in 100	grams	of edi	ole portioi	<u>n</u>	Amount in edible portion of common			
			,	Num ber					easures of fo		
						Sauraa C	onfidence				
No. doctors and a second library			td. Error				Code	M 4			
Nutrients and Ur	nits	Mean S	ta. Error	FUIIIS	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	48.90		0	NR	4		34.23			
Energy	kcal	237		0	RA	4		166			
Energy	kJ	990		0	RA	4		693			
Protein	g	4.29		0	LC	8		3.00			
Total lipid (fat)	g	8.57		0	LC	8		6.00			
Ash	g	1.10		0	RA	4		0.77			
Carbohydrate, by difference	g	37.14		0	LC	8		26.00			
Fiber, total dietary	g	0.0		0	LC	8		0.0			
Sugars, total	g	18.57		0	LC	8		13.00			
Starch	g										
<u>Minerals:</u>	m a	9.6		0				60			
Calcium, Ca	_	86 0.26		0	LC LC	8 8		60 0.18			
Iron, Fe	_	29		0	RA	8 4		20			
Phosphorus, P		72		0	RA	4		51			
Potassium, K		115		0	RA	4		81			
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	129		0	LC	8		90			
Zinc, Zn	_	0.60		0	RA	4		0.42			
Copper, Cu	_	0.254		0	RA	4		0.178			
Manganese, Mn		0.381		0	RA	4		0.267			
Selenium, Se	µg	3.1		0	RA	4		2.2			
itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	LC	8		0.0			
Thiamin	-	0.111		0	RA	4		0.078			
Riboflavin		0.146		0	RA	4		0.102			
Niacin	_	1.566		0	RA	4		1.096			
Pantothenic acid	mg	0.209		0	RA	4		0.146			
Vitamin B-6	mg	0.028		0	RA	4		0.020			
Folate, total	µg	34		0	RA	4		24			
Folic acid	µg	27		0	RA	4		19			
Folate, food	µg	6		0	RA	4		4			
Folate, DFE	µg	53		0	NC	4		37			
Choline, total	_	8.0		0	RA	4		5.6			
Betaine	-										
Vitamin B-12		0.05		0	RA	4		0.03			
Vitamin B-12, added		0.00		0	RA	4		0.00			
Vitamin A, RAE		86 86		0	NC NR	<u>4</u> 4		60 60			
Retinol Carotene, beta		0		0	RA	4		0			
Carotene, alpha		0		0	RA	4		0			
Cryptoxanthin, beta		0		0	RA	4		0			
Vitamin A, IU		286		0	NC	4		200			
Lycopene		0		0	RA	4		0			
Lutein + zeaxanthin		6		0	RA	4		4			
Vitamin E (alpha-tocopherol)		0.40		0	RA	4		0.28			
Vitamin E, added	_	0.00		0	RA	4		0.00			
Tocopherol, beta											
Tocopherol, gamma	g										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta		0.0		^	D.*	A		0 0			
Vitamin D (D2 + D3)		0.0		0	RA RA	4 4		0.0			
Vitamin D		0 1.3		0	RA RA	4		0.9			
Vitamin K (phylloquinone)		1.3		U	KΑ	-		0.9			
Dihydrophylloquinone Menaquinone-4											

	<u>Am</u>	ount in 10			Amount in edible portion of common measures of food				
			Number					easures or roc	<u>)u</u>
					Source Co	onfidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	2.3	17	0	RA	4		1.622		
4:0g	0.0		0	RA	4		0.000		
6:0g	0.0		0	RA	4		0.004		
8:0g	0.0		0	RA	4		0.049		
10:0g	0.0		0	RA	4		0.039		
12:0g	0.4	16	0	RA	4		0.292		
13:0g									
14:0g	0.1	67	0	RA	4		0.117		
15:0g									
16:0g	0.9	84	0	RA	4		0.689		
17:0g									
18:0g	0.6	17	0	RA	4		0.432		
20:0g									
22:0g									
24:0g Fatty acids, total monounsaturatedg	2.6	61	0	RA	4		1.863		
14:1g	2.0	01	U	NA.	-		1.003		
14:1g									
16:1 undifferentiated	0.0	26	0	RA	4		0.018		
17:1	0.0	20	Ū	ICA	-		0.010		
18:1 undifferentiated	2.6	34	0	RA	4		1.844		
20:1g	0.0		0	RA	4		0.000		
22:1 undifferentiatedg	0.0		0	RA	4		0.000		
24:1 cg			-		_				
Fatty acids, total polyunsaturatedg	2.2	72	0	RA	4		1.590		
18:2 undifferentiatedg	2.1	19	0	RA	4		1.483		
18:3 undifferentiatedg	0.1	47	0	RA	4		0.103		
18:4g	0.0	01	0	RA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	03	0	RA	4		0.002		
20:5 n-3 (EPA)g	0.0	02	0	RA	4		0.001		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	RA	4		0.000		
22:6 n-3 (DHA)g	0.0	01	0	RA	4		0.001		
Fatty acids, total transg									
Cholesterolmg	21		0	LC	8		15		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RA	4		0.0		
Caffeinemg	4		0	RA	4		3		
Theobrominemg	122		0	RA	4		86		

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		Am	ount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				m	easures of fo	od
						Source C	Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and or		Wican	Ota. E 101					Wedsure 1	Wedsure 2	weasure .
Proximates:										
Water		52.6	3	0	NR	4		36.84		
Energy	kcal	186		1	LC	8		130		
Energy	kJ	777		0	LC	8		544		
Protein (N x 6.25)		4.2	9	1	LC	8		3.00		
Total lipid (fat)	g	3.0	4	0	BFFN	4		2.13		
Ash	g	0.3	9	0	BFFN	4		0.27		
Carbohydrate, by difference	g	39.6	4	1	LC	8		27.75		
Fiber, total dietary		0.0		0	BFFN	4		0.0		
Sugars, total.		17.8	6	1	LC	8		12.50		
Starch										
Minerals:										
Calcium, Ca	mg	30		0	BFFN	4		21		
Iron, Fe	_	0.0	9	0	BFFN	4		0.06		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10		0	BFFN	4		7		
Phosphorus, P		26		0	BFFN	4		18		
Potassium, K	mg	41		0	BFFN	4		29		
Sodium, Na	<u>m</u> g	146		1	LC	8		103		
Zinc, Zn	mg	0.2	1	0	BFFN	4		0.15		
Copper, Cu	mg	0.0	90	0	BFFN	4		0.063		
Manganese, Mn	mg									
Selenium, Se	µg	1.1		0	BFFN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		0	BFFN	4		0.0		
Thiamin	-	0.0	39	0	BFFN	4		0.028		
Riboflavin		0.0	52	0	BFFN	4		0.036		
Niacin	_	0.5	55	0	BFFN	4		0.388		
Pantothenic acid	_									
Vitamin B-6	mg	0.0	10	0	BFFN	4		0.007		
Folate, total	µg	12		0	BFFN	4		8		
Folic acid	µg	10		0	BFFN	4		7		
Folate, food	µg	2		0	BFFN	4		1		
Folate, DFE		19		0	NC	4		13		
Choline, total		2.8		0	BFFN	4		2.0		
Betaine										
Vitamin B-12	µg	0.0	2	0	BFFN	4		0.01		
Vitamin B-12, added	µg	0.0	0	0	BFFN	4		0.00		
Vitamin A, RAE	µg	96		0	NC	4		67		
Retinol	µg	96		0	NR	4		67		
Carotene, beta		0		0	BFFN	4		0		
Carotene, alpha		0		0	BFFN	4		0		
Cryptoxanthin, beta		0		0	BFFN	4		0		
Vitamin A, IU		321		1	LC	8		225		
Lycopene		0		0	BFFN	4		0		
Lutein + zeaxanthin		2		0	BFFN	4		2		
Vitamin E (alpha-tocopherol)		0.1	4	0	BFFN	4		0.10		
Vitamin E, added		0.0	0	0	BFFN	4		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		0	BFFN	4		0.0		
Vitamin D	1. 7	0		0	NR	4		0		
Vitamin K (phylloquinone)		0.5		0	BFFN	4		0.3		
Dihydrophylloquinone										

	Amount in	100 grams	of edil	ble portion		Amount in edible portion of common		
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Con	fidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code (Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.821	0	BFFN	4		0.574		
4:0g	0.000	0	BFFN	4		0.000		
6:0g	0.002	0	BFFN	4		0.001		
8:0g	0.025	0	BFFN	4		0.017		
10:0g	0.020	0	BFFN	4		0.014		
12:0g	0.148	0	BFFN	4		0.103		
13:0g								
14:0g	0.059	0	BFFN	4		0.041		
15:0g								
16:0g	0.349	0	BFFN	4		0.244		
17:0g								
18:0g	0.218	0	BFFN	4		0.153		
20:0g								
22:0g								
24:0g		_						
Fatty acids, total monounsaturatedg	0.942	0	BFFN	4		0.660		
14:1g								
15:1g		_		_				
16:1 undifferentiatedg	0.009	0	BFFN	4		0.007		
17:1g	0.022	•						
18:1 undifferentiated	0.933	0	BFFN	4		0.653		
20:1g	0.000	0	BFFN	4		0.000		
22:1 undifferentiatedg	0.000	0	BFFN	4		0.000		
24:1 cg	0.005	0						
Fatty acids, total polyunsaturatedg	0.805 0.750	0	BFFN BFFN	4 4		0.563 0.525		
18:2 undifferentiated	0.750	0	BFFN	4		0.525		
	0.052	0	BFFN	4		0.036		
18:4g	0.000	U	BFFN	4		0.000		
20:2 n-6 c,c								
20:3 undifferentiatedg 20:4 undifferentiatedg	0.001	0	BFFN	4		0.001		
20:5 n-3 (EPA)g	0.001	0	BFFN	4		0.001		
. ,	0.001	U	DFFN	-		0.000		
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0	BFFN	4		0.000		
22:6 n-3 (DHA)g	0.000	0	BFFN	4		0.000		
Fatty acids, total transg	0.000	ŭ	DEFI	-		0.000		
Cholesterolg	7	1	LC	8		5		
Phytosterolsmg	,	_	щ	3		3		
i nytosteroisny								
Others:								
Alcohol, ethylg	0.0	0	BFFN	4		0.0		
Caffeinemg	1	0	BFFN	4		1		
Theobrominemg	43	0	BFFN	4		30		

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Nutrients and Units			Amo	ount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Units					Number				m	easures of fo	od	
Nutrients and Units							Source C	Confidence				
Water	Nutrients and Ur	nits	Mean	Std. Frror					Measure 1	Measure 2	Measure 3	
Water	Nutrients and or		WCan .	ota. E i oi					weasure i	Micasure 2	weasure .	
Energy	Proximates:											
Energy			48.13		0	NR	4		33.69			
Pocein	Energy	kcal	200		1	LC	8		140			
Trad Indi (day)	Energy	kJ	837		0	LC	8		586			
Ann.	Protein	g	5.71		1	LC	8		4.00			
Carbelly difference	Total lipid (fat)	g	2.86		1	LC	8		2.00			
Fibre, road dictary	Ash	g	0.39		0	BFZN	4		0.27			
Sugars, coluing G. September Sugars, coluing G.	Carbohydrate, by difference	g					8					
Nimerals:	Fiber, total dietary	g	7.1		1	LC	8		5.0			
	Sugars, total	g	6.58		0	BFZN	4		4.60			
Calcium Co. mg 86 1 LC 8 60 Inn F. mg 0.00 1 LC 8 0.00 Magnesium, Mg. mg 1.0 0 RPEZN 4 18 Plousbrum, K. mg 41 0 BPEZN 4 18 Poussium, K. mg 164 1 LC 8 1.05 Solium, Na mg 0.21 0 BPEZN 4 0.15 Corper, Cu. mg 0.090 0 BPEZN 4 0.15 Manganes, Mm. mg 0.090 0 BPEZN 4 0.063 Viltaminis mg 0.1 1 LC 8 0.0 Viltaminis mg 0.05 0 RPEZN 4 0.02 Viltaminis mg 0.05 0 RPEZN 4 0.03 Ribollovin mg 0.052 0 RPEZN 4 0.00	Starch	g										
Inn. Fe.												
Magnesium Mg.	,	-										
Prosphoran, P.	. ,	• • • • • • • • • • • • • • • • • • • •										
Potassium, K. mg 41 0 BPZN 4 29 Scolium, Na. mg 164 1 LC 8 115 Zinc, Zh. mg 0.090 0 BPZN 4 0.063 Manganese, Mn. mg No.0 BPZN 4 0.063 Sclenium, Sc. µg 1.1 0 BPZN 4 0.08 Vitamino, Ciotal ascorbic acid. mg 0.039 1 LC 8 0.0 Pholinium. mg 0.039 0 BPZN 4 0.028 Rbodlavin. mg 0.052 0 BPZN 4 0.028 Niacin. mg 0.555 0 BPZN 4 0.038 Patothesic acid. mg 0.010 0 BPZN 4 0.007 Polate, food. mg 1.2 0 BPZN 4 0 0.007 Polate, food. pg 1.2 0 BPZN												
Sodium, Na.	1 /	-										
Zinc, Zn. mg 0.21 0 BFZN 4 0.15 Copper, Cu. mg 0.090 0 BFZN 4 0.063 Manganesc, Mn. mg 1.1 0 BFZN 4 0.063 Vitamin C, total ascorbic acid. mg 0.03 1 LC 8 0.0 Thiamin. mg 0.032 0 BFZN 4 0.028 Ribofiavin. mg 0.052 0 BFZN 4 0.036 Niacin. mg 0.555 0 BFZN 4 0.388 Plantoficeria acid. mg 0 0.10 0 BFZN 4 0.007 Vitamin B-G. mg 0.010 0 BFZN 4 0.007 Folate, food. µg 12 0 BFZN 4 7 Folate, food. µg 19 0 NC 4 13 Choice, acid. µg 19 0 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>												
Copper, Cn. mg 0.090 0 BFZN 4 0.063 Manganese, Mn mg 7 7 8 9 1.1 0 BFZN 4 0.08 Vitamins: Vitamin C, total ascorbic acid. .mg 0.00 1 LC 8 0.0 Thinnin. .mg 0.032 0 BFZN 4 0.028 Ribollavin. .mg 0.052 0 BFZN 4 0.036 Nikain. .mg 0.052 0 BFZN 4 0.036 Pattorheric acid. .mg 0 0.010 0 BFZN 4 0.007 Plattoric foot. .mg 12 0 BFZN 4 8 Foliac, food. .pg 12 0 BFZN 4 7 Folac, food. .pg 12 0 BFZN 4 13 Choline, total .mg 2.8 0 BFZN 4 13 Etains .mg 19 0 NC 4 9.0	*	-										
Manganese, Mn. Mg Mg Mg Mg Mg Mg Mg M	, , , , , , , , , , , , , , , , , , ,	-										
Scientium, Se. µg 1.1 0 BFZN 4 0.8 Vitamins: Vitamins: Vitamins (. total ascorbic acid. Mg 0.0 1 LC 8 0.0 Thiamin	• •		0.05	O .	Ū	DI ZIN	-		0.003			
Vitamins: Vitamin C, total ascorbic acid M9 0.0 1 LC 8 0.0 Thismin M9 0.039 0 BFZN 4 0.028 Riboflavin M9 0.052 0 BFZN 4 0.036 Niacin M9 0.055 0 BFZN 4 0.036 Pattotheric acid M9 0 0.10 0 BFZN 4 0.007 Polate, Cod. M9 1.0 0 BFZN 4 8 8 Folic acid M9 1.0 0 BFZN 4 8 7 Folate, Food M9 1.0 0 BFZN 4 1 1 Folate, Food M9 1.2 0 BFZN 4 1.3 1 Folate, Food M9 2.8 0 BFZN 4 1.3 1 Folate, Defa M9 1.0 0 BFZN 4 0.0 1	2 ,	-	1.1		0	BFZN	4		0.8			
Vitamin C, total ascorbic acid	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				-		_					
Thiamin.												
Riboflavin	,	-		_								
Niacin Mg 0.555 0 BFZN 4 0.388 Pantothenic acid. mg 0.010 0 BFZN 4 0.007 Vitamin B-6 mg 0.010 0 BFZN 4 8 Foliac, total µg 12 0 BFZN 4 1 Foliac, food µg 2 0 BFZN 4 1 Folate, food µg 19 0 NC 4 13 Folate, food µg 19 0 NC 4 13 Choline, total mg 2.8 0 BFZN 4 0.0 Choline, total mg 2.8 0 BFZN 4 0.0 Setaine mg 0 0.0 BFZN 4 0.0 Vitamin B-12 µg 0.00 0 BFZN 4 0.0 Vitamin B-12, aded µg 0 0 BFZN 4 0 <td></td>												
Pamothenic acid. Mg 12 0 BFZN 4 0.007 Polate, forda		-										
Vitamin B-6 Mg		-	0.55	5	0	BFZN	4		0.388			
Folate, total. µg 12 0 BFZN 4 8 Folica cid. µg 10 0 BFZN 4 7 Folate, Ood. µg 2 0 BFZN 4 1 Folate, OFE. µg 19 0 NC 4 13 Choline, total mg 19 0 NC 4 2.0 Betaine. mg W V FSZN 4 0.01 Vitamin B-12. µg 0.02 0 BFZN 4 0.01 Vitamin B-12, added. µg 0.00 0 BFZN 4 0.01 Vitamin B-12, added. µg 0.00 0 BFZN 4 0.00 Vitamin B-12, added. µg 0 0 NR 4 90 Retinol. µg 0 0 BFZN 4 0 Carotene, beta. µg 0 0 BFZN 4 0		• • • • • • • • • • • • • • • • • • • •	0.01	•	•				0.007			
Folic acid.		-		U								
Folate, food.	· · · · · · · · · · · · · · · · · · ·											
Folate, DFE												
Choline, total												
Betaine												
Vitamin B-12. µg 0.02 0 BFZN 4 0.01 Vitamin B-12, added. µg 0.00 0 BFZN 4 0.00 Vitamin A, RAE µg 129 0 NC 4 90 Retinol. µg 129 0 NR 4 90 Carotene, beta. µg 0 0 BFZN 4 0 Carotene, alpha µg 0 0 BFZN 4 0 Cryptoxanthin, beta. µg 0 0 BFZN 4 0 Vitamin A, IU. IJU 429 1 LC 8 300 Lycopene. µg 0 0 BFZN 4 0 Lycopene. µg 0 0 BFZN 4 0 Vitamin E, (alpha-tocopherol) mg 0.14 0 BFZN 4 0.10 Vitamin E, added. mg 0 0 BFZN 4	*		2.0		·	21 211	•		2.0			
Vitamin B-12, added. µ9 0.00 0 BFZN 4 0.00 Vitamin A, RAE. µ9 129 0 NC 4 90 Retinol. µ9 129 0 NR 4 90 Carotene, beta. µ9 0 0 BFZN 4 0 Carotene, alpha. µ9 0 0 BFZN 4 0 Vitamin F. Lacteral µ9 0 0 BFZN 4 0 Lyterior-zeaxanthin. µ9 0 0 BFZN 4 0.10 Vitamin E. alded. m9 0.00 BFZN 4 0.00		-	0.02		0	BFZN	4		0.01			
Vitamin A, RAE												
Retinol. Jg 129 0 NR 4 90 Carotene, beta. Jg 0 0 BFZN 4 0 Carotene, alpha. Jg 0 0 BFZN 4 0 Cryptoxanthin, beta. Jg 0 0 BFZN 4 0 Vitamin A, IU. JJ 429 1 LC 8 300 Lycopene. Jg 0 0 BFZN 4 0 Lutein + zeaxanthin. Jg 2 0 BFZN 4 2 Vitamin E (alpha-tocopherol). Mg 0.14 0 BFZN 4 0.10 Vitamin E, added. Mg 0.00 0 BFZN 4 0.00 Tocopherol, beta. Mg 0.00 0 BFZN 4 0.00 Tocotrienol, alpha. Mg 0 0 BFZN 4 0.00 Tocotrienol, gamma. Mg 0 0 BFZN 4 0.0 Vitamin D (D2 + D3) Jg 0.0 0 NR <td></td>												
Carotene, beta	,	· -	129		0	NR	4		90			
Carotene, alpha			0		0		4		0			
Cryptoxanthin, beta. µg 0 0 BFZN 4 0 Vitamin A, IU			0		0	BFZN	4		0			
Vitamin A, IU	•		0		0	BFZN	4		0			
Lutein + zeaxanthin.			429		1	LC	8		300			
Vitamin E (alpha-tocopherol).	Lycopene	µg	0		0	BFZN	4		0			
Vitamin E, added. mg 0.00 0 BFZN 4 0.00 Tocopherol, beta. mg	Lutein + zeaxanthin	µg	2		0	BFZN	4		2			
Тосорherol, beta	Vitamin E (alpha-tocopherol)	mg	0.14		0	BFZN	4		0.10			
Тосорherol, beta	Vitamin E, added	mg	0.00		0	BFZN	4		0.00			
Tocopherol, delta												
Tocotrienol, alpha	Tocopherol, gamma	g										
Tocotrienol, beta	Tocopherol, delta	g										
Tocotrienol, gammamg Tocotrienol, deltamg Vitamin D (D2 + D3)μg 0.0 0 BFZN 4 0.0 Vitamin D	-											
Tocotrienol, deltamg Vitamin D (D2 + D3)µg 0.0 0 BFZN 4 0.0 Vitamin D		-										
Vitamin D (D2 + D3)µg 0.0 0 BFZN 4 0.0 Vitamin D												
Vitamin D IU 0 0 NR 4 0 Vitamin K (phylloquinone) µg 0.5 0 BFZN 4 0.3					_							
Vitamin K (phylloquinone)µg 0.5 0 BFZN 4 0.3		1. 7										
Dihydrophylloguinone IIO	* * * .		0.5		0	BFZN	4		0.3			
Menaquinone-4µg	Dihydrophylloquinone											

		Am	ount in 10	0 grams	of edil	Amount in edible portion of common				
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source C	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.8	21	0	BFZN	4		0.574		
4:0		0.0	00	0	BFZN	4		0.000		
6:0	g	0.0	02	0	BFZN	4		0.001		
8:0	g	0.0	25	0	BFZN	4		0.017		
10:0	g	0.0	20	0	BFZN	4		0.014		
12:0	g	0.1	48	0	BFZN	4		0.103		
13:0	g									
14:0	g	0.0	59	0	BFZN	4		0.041		
15:0	g									
16:0	g	0.3	49	0	BFZN	4		0.244		
17:0	g									
18:0	g	0.2	18	0	BFZN	4		0.153		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.9	42	0	BFZN	4		0.660		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.0	09	0	BFZN	4		0.007		
17:1	g									
18:1 undifferentiated	g	0.9	33	0	BFZN	4		0.653		
20:1	g	0.0	00	0	BFZN	4		0.000		
22:1 undifferentiated	g	0.0	00	0	BFZN	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.8	05	0	BFZN	4		0.563		
18:2 undifferentiated	g	0.7	50	0	BFZN	4		0.525		
18:3 undifferentiated	g	0.0	52	0	BFZN	4		0.036		
18:4	g	0.0	00	0	BFZN	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.0		0	BFZN	4		0.001		
20:5 n-3 (EPA)	g	0.0	01	0	BFZN	4		0.000		
21:5	g									
22:4	_									
22:5 n-3 (DPA)	g	0.0		0	BFZN	4		0.000		
22:6 n-3 (DHA)		0.0	00	0	BFZN	4		0.000		
Fatty acids, total trans	-									
Cholesterol	_	21		1	LC	8		15		
Phytosterols	mg									
Others:				^	D==	4		0.0		
Alcohol, ethyl	_	0.0		0	BFZN	4		0.0		
Caffeine		1		0	BFZN	4		1		
Theobromine	mg	43		0	BFZN	4		30		

Common Measures:

Measure 1 = 70g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	1111 111 101	0 grams	oreal	ole porti	<u>1011</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean St	d. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Natificitis and of	1113	Mean O	а. Бтог					WCasare 1	Wedsure 2	Wicasurc	
Proximates:											
Water	g	53.31		0	RA	4					
Energy		254		0	NC	4					
Energy	kJ	1061		0	NC	4					
Protein (N x 6.38)	g	3.00		0		8					
Total lipid (fat)		14.00		0		8					
Ash	_	0.80		0	RA	4					
Carbohydrate, by difference	_	28.89		0	NC	4					
Fiber, total dietary		1.0		0		8					
Sugars, total		21.26		0	RA	4					
Starch											
Statem	9										
Minerals:											
Calcium, Ca	_	60		0		8					
Iron, Fe	•	0.36		0		8					
Magnesium, Mg	_	20		0	RA	4					
Phosphorus, P		128		0	RA	4					
Potassium, K	_	204		0	RA	4					
Sodium, Na	_	115		0		8					
Zinc, Zn	_	0.56		0	RA	4					
Copper, Cu		0.082		0	RA	4					
Manganese, Mn		0.087		0	RA	4					
Selenium, Se	µg	2.3		0	RA	4					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		8					
Thiamin	_	0.090		0	RA	4					
Riboflavin		0.213		0	RA	4					
Niacin	_	1.111		0	RA	4					
Pantothenic acid	_	0.356		0	RA	4					
Vitamin B-6	_	0.050		0	RA	4					
Folate, total	_	19		0	RA	4					
Folic acid		14		0	RA	4					
Folate, food	µg	5		0	RA	4					
Folate, DFE		29		0	NC	4					
Choline, total		11.9		0	RA	4					
Betaine	mg										
Vitamin B-12		0.35		0	RA	4					
Vitamin B-12, added		0.00		0	RA	4					
Vitamin A, RAE	µg	117		0	NC	4					
Retinol		116		0	RA	4					
Carotene, beta	µg	14		0	RA	4					
Carotene, alpha		0		0	RA	4					
Cryptoxanthin, beta		0		0	RA	4					
Vitamin A, IU		410		0	NC	4					
Lycopene		0		0	RA	4					
Lutein + zeaxanthin		2		0	RA	4					
Vitamin E (alpha-tocopherol)		0.11		0	RA	4					
Vitamin E, added		0.00		0	RA	4					
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.1		0	RA	4					
Vitamin D		4		0	RA	4					
Vitamin K (phylloquinone)		0.5		0	RA	4					
Dihydrophylloquinone											
Menaquinone-4											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 2.717 NC 4:0......g 0.000 0 RA 4 6:0.....g 0.082 RA 0.051 0 RA 4 8:0.....g 10:0.....g 0.101 0 RA 4 12:0.....g 0.302 0 RA 13:0.....g 0.403 4 14:0......g RA 1.175 0 RA 4 16·0 a 17:0.....g 0.603 0 RA 4 18:0.....g 20:0.....g 22:0......g 24:0.....g 1.775 0 NC 4 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.100 0 RA 4 17:1.....g 0 18:1 undifferentiated......g 1.665 RA 0.010 20:1.....g 0 RA 4 22:1 undifferentiated.....g 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.747 0 NC 4 0.659 0 RA 18:2 undifferentiated....... 4 0.067 0 RA 4 18:3 undifferentiated......g 0.000 18:4.....g 0 RΑ 4 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.021 0 RA 4 0.000 20:5 n-3 (EPA).....g 0 RA 4 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 RΑ 4 0.000 22:6 n-3 (DHA)......g 4 0.000 Fatty acids, total trans......g 0 8 8 Cholesterol....mg 15 0 Phytosterols.....mg Amino Acids: 0.010 Tryptophan.....g O RΑ 4 Threonine.....g 0.022 0 RA Isoleucine.....g 0.031 0 RA 0.058 RA Leucine. 9 Lysine.....g 0.016 0 RΑ Methionine.....g 0.015 0 RA Cystine.....g 0.019 O RA Phenylalanine.....g 0.041 ٥ RA Tyrosine.....g 0.023 Valine.....g 0.035 0 RA RΑ Arginine.....g 0.029 0 0.018 RA 0 RA Alanine.....g 0.026 Aspartic acid......g 0.034 0 RA 0.295 0 RΑ 4 Glutamic acid.....g Glycine.....g 0.029 0 RA

RΑ

RA

RA

4

4

O

0

0

0.099

0.041

0.0

Proline.....g

Serine.....g

Hydroxyproline.....g

Caffeine....mg

Others:

NDB No. 01301 Ice cream sundae cone

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

		Amoun	t in 100 grams	or eur	bie portio	<u></u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of fo	<u>od</u>
					Source (Confidence			
Nutrients and Un	ito	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure
Nutrients and on	iits	weam Stu	. [] [] [] []	Oouc	Oout	oouc	weasure i	WedSure 2	Wieasure
Proximates:									
Water	g	46.30	0	RA	4		23.15		
Energy		331	0	NC	4		166		
Energy		1386	0	NC	4		693		
Protein		4.10	0	RA	4		2.05		
Total lipid (fat)		24.10	0	RA	4		12.05		
Ash	-	1.00	0	RA	4		0.50		
Carbohydrate, by difference		24.50	0	RA	4		12.25		
Fiber, total dietary		0.8	0	RA	4		0.4		
Sugars, total		18.30	0	RA	4		9.15		
Starch		20100	·		-		3123		
Starcii	9								
Minerals:									
Calcium, Ca	<u>m</u> g	119	0	RA	4		60		
Iron, Fe	mg	0.29	0	RA	4		0.15		
Magnesium, Mg	mg	28	0	RA	4		14		
Phosphorus, P	mg	173	0	RA	4		87		
Potassium, K	mg	305	0	RA	4		153		
Sodium, Na	<u>m</u> g	68	0	RA	4		34		
Zinc, Zn	mg	0.82	0	RA	4		0.41		
Copper, Cu	mg	0.076	0	RA	4		0.038		
Manganese, Mn	mg	0.078	0	RA	4		0.039		
Selenium, Se	µg	2.4	0	RA	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	RA	4		0.0		
Thiamin	_	0.062	0	RA RA	4		0.031		
		0.261	0	RA RA	4		0.031		
Riboflavin	_		0	RA RA	4				
Niacin	_	0.175	0				0.087		
Pantothenic acid	_	0.479	0	RA	4 4		0.239		
Vitamin B-6	_	0.043 7	0	RA	4		0.022		
Folate, total		0	0	RA	4		4		
Folic acid		7	0	RA	4		0 4		
Folate, food		7	0	RA NC	4				
Folate, DFE			0				4		
Choline, total	_	29.7	U	RA	4		14.9		
Betaine		0.40	•				0.04		
Vitamin B-12		0.49	0	RA	4		0.24		
Vitamin B-12, added		0.00	0	RA	4		0.00		
Vitamin A, RAE		19	0	RA	4		9		
Retinol		15	0	RA	-		8		
Carotene, beta		44	0	RA	4		22		
Carotene, alpha		0	0	RA	4		0		
Cryptoxanthin, beta		0	0	RA	4		0		
Vitamin A, IU		123	0	RA	4		62		
Lycopene		0	0	RA	4		0		
Lutein + zeaxanthin		0	0	RA	4		0		
Vitamin E (alpha-tocopherol)		0.42	0	RA	4		0.21		
Vitamin E, added		0.00	0	RA	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	_								
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.2	0	RA	4		0.1		
Vitamin D		7	0	RA	4		4		
Vitamin K (phylloquinone)	µg	1.3	0	RA	4		0.7		
Dihydrophylloquinone	pg								
Menaquinone-4	ΠU								

	<u>Am o</u>	unt in 10	0 grams	of edi	<u>n</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	13.202		0	NC	4		6.601		
4:0g	0.180		0	RA	4		0.090		
6:0g	0.151		0	RA	4		0.076		
8:0g	0.622		0	RA	4		0.311		
10:0g	0.588		0	RA	4		0.294		
12:0g	3.488	}	0	RA	4		1.744		
13:0g	1 005		•						
14:0g	1.827	'	0	RA	4		0.913		
15:0g	2 561		0		4				
16:0g	3.761	•	U	RA	4		1.881		
17:0g	2.501		0	RA	4		1.251		
18:0g 20:0g	0.084		0	RA RA	4		0.042		
20:0g 22:0g	0.004		U	KA	-1		0.042		
24:0g									
Fatty acids, total monounsaturated9	6.387	,	0	NC	4		3.194		
14:1g	0.507		·	110	-		3.171		
15:1g									
16:1 undifferentiated	0.161		0	RA	4		0.080		
17:1							0.000		
18:1 undifferentiatedg	6.226	;	0	RA	4		3.113		
20:1g	0.000)	0	RA	4		0.000		
22:1 undifferentiatedg	0.000)	0	RA	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated9	3.257	,	0	NC	4		1.629		
18:2 undifferentiatedg	2.974	ŀ	0	RA	4		1.487		
18:3 undifferentiatedg	0.283	}	0	RA	4		0.142		
18:4g	0.000)	0	RA	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000)	0	RA	4		0.000		
20:5 n-3 (EPA)g	0.000)	0	RA	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)g	0.000)	0	RA	4		0.000		
Fatty acids, total transg			_						
Cholesterolmg	28		0	RA	4		14		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	RA	4		0.0		
Caffeinemg	3		0	RA	4		2		
Theobrominemg	32		0	RA	4		16		

Common Measures:

Measure 1 = 50g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		An	ount in 10	u gram s	or edi	ole portio	<u>'n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
n : .										
Proximates: Water	а	68.9	2	0	NC	4		205.38		
Energy		141	-	0	LC	8		420		
Energy		590		0	LC	8		1758		
Protein (N x 6.25)		3.3	6	0	LC	8		10.00		
Total lipid (fat)		3.6		0	LC	8		11.00		
Ash	_	0.8		0	FLC	4		2.62		
Carbohydrate, by difference	_	23.1		0	LC	8		69.00		
Fiber, total dietary		0.0		0	LC	8		0.0		
Sugars, total		19.4		0	LC	8		58.00		
Starch		15.1		·		ŭ		30.00		
Starcii	9									
Minerals:										
Calcium, Ca	<u>m</u> g	134		0	LC	8		400		
Iron, Fe	-	0.6	0	0	LC	8		1.80		
Magnesium, Mg		36		0	FLC	4		108		
Phosphorus, P		113		0	FLC	4		335		
Potassium, K		207		0	FLC	4		615		
Sodium, Na	-	64	_	0	LC	8		190		
Zinc, Zn	-	0.6		0	FLC	4		2.00		
Copper, Cu	-	0.2		0	FLC	4		0.646		
Manganese, Mn		0.2 2.3		0	FLC FLC	4 4		0.631 6.8		
Selenium, Se	µg	2.3		U	FLC	4		0.0		
Vitamins:_										
Vitamin C, total ascorbic acid	mg	0.0		0	LC	8		0.0		
Thiamin	mg	0.0	33	0	FLC	4		0.097		
Riboflavin	mg	0.1	24	0	FLC	4		0.369		
Niacin	mg	0.1	86	0	FLC	4		0.553		
Pantothenic acid	mg	0.0	96	0	FLC	4		0.286		
Vitamin B-6	mg	0.0	38	0	FLC	4		0.113		
Folate, total	µg	17		0	FLC	4		52		
Folic acid	µg	12		0	NR	4		36		
Folate, food	µg	5		0	FLC	4		15		
Folate, DFE	µg	26		0	NC	4		77		
Choline, total	-	10.4		0	FLC	4		30.9		
Betaine	-									
Vitamin B-12		0.2		0	FLC	4		0.76		
Vitamin B-12, added		0.0	0	0	FLC	4		0.00		
Vitamin A, RAE		91		0	FLC	4		270		
Retinol		90		0	FLC	4		269		
Carotene, beta		5		0	FLC	4		15		
Carotene, alpha		0		0	FLC	4		0		
Cryptoxanthin, beta		0		0	FLC	4 8		0		
Vitamin A, IU		336		0	LC ELC			1000		
Lycopene		0 2		0	FLC FLC	4 4		6		
Lutein + zeaxanthin		0.0	0	0	FLC	4		6 0.24		
Vitamin E (alpha-tocopherol)		0.0		0	FLC	4		0.24		
Vitamin E, added		0.0	U	U	FLC	+		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	-									
Vitamin D (D2 + D3)		0.7		0	FLC	4		2.0		
Vitamin D		26		0	FLC	4		78		
Vitamin K (phylloquinone)		0.4		0	FLC	4		1.0		
Dihydrophylloquinone										
Menaquinone-4										

	Amount in	100 grams	of edi	<u>1</u>	Amount in edible portion of common			
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Err	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	2.349	0	LC	8		7.000		
4:0g	0.098	0	FLC	4		0.291		
6:0g	0.055	0	FLC	4		0.164		
8:0g	0.033	0	FLC	4		0.098		
10:0g	0.074	0	FLC	4		0.219		
12:0g	0.081	0	FLC	4		0.243		
13:0g								
14:0g	0.297	0	FLC	4		0.885		
15:0g								
16:0g	1.013	0	FLC	4		3.017		
17:0g								
18:0g	0.625	0	FLC	4		1.861		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	1.033	0	FLC	4		3.077		
14:1g								
15:1g								
16:1 undifferentiatedg	0.062	0	FLC	4		0.184		
17:1g								
18:1 undifferentiatedg	0.931	0	FLC	4		2.776		
20:1g	0.000	0	FLC	4		0.000		
22:1 undifferentiatedg	0.000	0	FLC	4		0.000		
24:1 cg				_				
Fatty acids, total polyunsaturated	0.125	0	FLC	4		0.372		
18:2 undifferentiatedg	0.086	0	FLC	4		0.257		
18:3 undifferentiatedg	0.039	0	FLC	4		0.115		
18:4g	0.000	0	FLC	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg	2 222	0	FLC					
20:4 undifferentiated	0.000	0	FLC	4 4		0.000		
20:5 n-3 (EPA)g	0.000	U	FLC	4		0.000		
21:5g								
22:4g	0.000	0	FLC	4		0.000		
22:5 n-3 (DPA)g	0.000	0	FLC	4				
22:6 n-3 (DHA)	0.000	0	LC	8		0.000 0.500		
Fatty acids, total transg Cholesterolmg	15	0	LC	8		45		
	13	U	TC	0		45		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 298g: 1 medium

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u> </u>	ount in 10	u grains	or ean	Jie porti	<u>011</u>	Amount in e	dible portion	of common
				Number	•			<u>m</u>	easures of fo	od_
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	_	40.0	_							
Water		43.8	5	0	FLC	4				
Energy		265		0	NC	4				
Energy		1110	_	0	NC	4				
Protein (N x 6.25)		5.3		0		8				
Total lipid (fat)		9.3		0		8				
Ash	-	1.4		0	FLC	4				
Carbohydrate, by difference		40.0		0	NC	4				
Fiber, total dietary	g	9.3		0		8				
Sugars, total	g	10.6	7	0		8				
Starch	g	0.5	8	0	FLC	4				
Minerals:										
Calcium, Ca	<u>mg</u>	133		0		8				
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.4	8	0		8				
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	65		0	FLC	4				
Phosphorus, P	mg	143		0	FLC	4				
Potassium, K		213		0		8				
Sodium, Na	mg	113		0		8				
Zinc, Zn	mg	1.0	6	0	FLC	4				
Copper, Cu	mg	0.3	60	0	FLC	4				
Manganese, Mn	mg	0.6	77	0	FLC	4				
Selenium, Se	µg	3.9		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		8				
Thiamin	_	0.1	82	0	FLC	4				
Riboflavin	_	0.2	00	0	FLC	4				
Niacin	_	3.5	28	0	FLC	4				
Pantothenic acid	mg	0.2	97	0	FLC	4				
Vitamin B-6	mg	0.0	93	0	FLC	4				
Folate, total	µg	17		0	NR	4				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	17		0	FLC	4				
Folate, DFE	µg	17		0	NC	4				
Choline, total	mg	14.5		0	FLC	4				
Betaine	mg									
Vitamin B-12		0.0	7	0	FLC	4				
Vitamin B-12, added	µg	0.0	0	0	FLC	4				
Vitamin A, RAE	µg	26		0	NC	4				
Retinol		26		0	FLC	4				
Carotene, beta	µg	1		0	FLC	4				
Carotene, alpha	µg	0		0	FLC	4				
Cryptoxanthin, beta		0		0	FLC	4				
Vitamin A, IU		89		0	NC	4				
Lycopene	µg	0		0	FLC	4				
Lutein + zeaxanthin		6		0	FLC	4				
Vitamin E (alpha-tocopherol)	mg	0.7	0	0	FLC	4				
Vitamin E, added	mg	0.0	0	0	FLC	4				
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.2		0	FLC	4				
Vitamin D	<u></u> IU	8		0	FLC	4				
Vitamin K (phylloquinone)	µg	0.7		0	FLC	4				
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amount in	100 grams		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Er		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturatedg	6.598	0	NC	4					
4:0g	0.090	0	FLC	4					
6:0g	0.051	0	FLC	4					
8:0g	0.030	0	FLC	4					
10:0g	0.068	0	FLC	4					
12:0g	0.075	0	FLC	4					
13:0g									
14:0g	0.286	0	FLC	4					
15:0g	0.002	0	FLC	4					
16:0g	3.315	0	FLC	4					
17:0g	0.018	0	FLC	4					
18:0g	1.612	0	FLC	4					
20:0g	0.244	0	FLC	4					
22:0g	0.516	0	FLC	4					
24:0g	0.292	0	FLC	4					
Fatty acids, total monounsaturatedg	1.061	0	NC	4					
14:1g	0.000	0	FLC	4					
15:1g	0.000	0	FLC	4					
16:1 undifferentiatedg	0.006	0	FLC	4					
17:1g	0.001	0	FLC	4					
18:1 undifferentiatedg	1.031	0	FLC	4					
20:1g	0.020	0	FLC	4					
22:1 undifferentiatedg	0.002	0	FLC	4					
24:1 cg	0.000	0	FLC	4					
Fatty acids, total polyunsaturatedg	0.434	0	NC	4					
18:2 undifferentiatedg	0.423	0	FLC	4					
18:3 undifferentiated	0.010	0	FLC	4					
18:4g	0.000	0	FLC	4					
20:2 n-6 c,cg	0.000	0	FLC	4					
20:3 undifferentiatedg	0.000	0	FLC	4					
20:4 undifferentiatedg	0.001	0	FLC	4					
20:5 n-3 (EPA)g	0.000	0	FLC	4					
21:5g									
22:4g	0.000	0	FLC	4					
22:5 n-3 (DPA)g	0.000	0	FLC	4					
22:6 n-3 (DHA)g	0.000	0	FLC	4					
Fatty acids, total transg	0.000	0		8					
Cholesterolmg	7	0		8					
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0	0	FLC	4					
Caffeinemg	3	0	FLC	4					
Theobrominemg	118	0	FLC	4					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount	in 100 grams	or ear	bie portioi	<u>n</u>	Amount in e	dible portion	of common
			Number					easures of fo	
					Source C	onfidence	_		•
Nutrients and Un	ito	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	weam Stu.	3101 101113	Oode	Oouc		wieasure i	wedsure 2	weasure.
Proximates:									
Water	g	59.80	0	RA	4		51.43		
Energy	kcal	222	0	RA	4		191		
Energy	kJ	930	0	RA	4		800		
Protein	g	4.10	0	RA	4		3.53		
Total lipid (fat)	g	13.00	0	RA	4		11.18		
Ash	g	0.90	0	RA	4		0.77		
Carbohydrate, by difference	g	22.20	0	RA	4		19.09		
Fiber, total dietary		0.7	0	RA	4		0.6		
Sugars, total		21.16	0	RA	4		18.20		
Starch									
Minerals:									
Calcium, Ca	-	131	0	RA	4		113		
Iron, Fe		0.21	0	RA	4		0.18		
Magnesium, Mg		12	0	RA	4		10		
Phosphorus, P		116	0	RA	4		100		
Potassium, K	-	177	0	RA	4		152		
Sodium, Na	-	61	0	RA	4		52		
Zinc, Zn	-	0.52	0	RA	4		0.45		
Copper, Cu		0.030	0	RA	4 4		0.026 0.004		
Manganese, Mn		0.005 3.0	0	RA RA	4		2.6		
Selenium, Se	µg	3.0	U	KA	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8	0	RA	4		0.7		
Thiamin	mg	0.049	0	RA	4		0.042		
Riboflavin	mg	0.182	0	RA	4		0.157		
Niacin	mg	0.095	0	RA	4		0.082		
Pantothenic acid	mg	0.506	0	RA	4		0.435		
Vitamin B-6	mg	0.048	0	RA	4		0.041		
Folate, total	µg	9	0	RA	4		8		
Folic acid	µg	0	0	RA	4		0		
Folate, food	µg	9	0	RA	4		8		
Folate, DFE		9	0	NC	4		8		
Choline, total		26.0	0	RA	4		22.4		
Betaine									
Vitamin B-12		0.50	0	RA	4		0.43		
Vitamin B-12, added		0.00	0	RA	4		0.00		
Vitamin A, RAE		162	0	RA	4		139		
Retinol	· -	159	0	RA	4		137		
Carotene, beta		30	0	RA	4		26		
Carotene, alpha		5	0	RA	4		4		
Cryptoxanthin, beta		5	0	RA	4		4		
Vitamin A, IU		589	0	RA	4		506		
Lycopene		0	0	RA	4		0		
Lutein + zeaxanthin		151	•	RA	4		130		
Vitamin E (alpha-tocopherol)		0.61 0.00	0	RA RA	4 4		0.52		
Vitamin E, added		0.00	U	KA	4		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Tocotrienol, alpha									
Tocotrienol, aipna Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta	-								
Vitamin D (D2 + D3)		0.7	0	RA	4		0.6		
Vitamin D		29	0	RA	4		25		
Vitamin K (phylloquinone)		0.9	0	RA	4		0.8		
• • •		0.5	ŭ		•		0.0		
Dihydrophylloquinone Menaquinone-4									

	An	ount i	n 100 gram	s of edi	ble portio	<u>n</u>	Amount in e	dible portion o	of common
			Num be	-			'	easures of foo	
				-	Source C	Confidence	_		_
Nutrients and Units	Mean	Std. E	rror Points			Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 7.4	60	0	RA	4		6.416		
4:0	•		0	RA	4		0.335		
6:0 8:0	•		0	RA RA	4 4		0.198 0.112		
10:0	•		0	RA RA	4		0.258		
12:0	•		0	RA	4		0.292		
13:0	=		_						
14:0 15:0	=	40	0	RA	4		1.066		
16:0	=	60	0	RA	4		2.890		
17:0	•								
18:0		70	0	RA	4		1.264		
20:0									
22:0 24:0	-								
Fatty acids, total monounsaturated	-	90	0	RA	4		3.001		
14:1	g								
15:1	-								
16:1 undifferentiated		70	0	RA	4		0.232		
18:1 undifferentiated		20	0	RA	4		2.769		
20:1		00	0	RA	4		0.000		
22:1 undifferentiated	=	00	0	RA	4		0.000		
24:1 c	=	60	0	RA	4		0.396		
Fatty acids, total polyunsaturated			0	RA RA	4		0.396		
18:3 undifferentiated			0	RA	4		0.155		
18:4	g 0.0	00	0	RA	4		0.000		
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated		00	0	RA	4		0.000		
20:5 n-3 (EPA)			0	RA	4		0.000		
21:5	=								
22:4	•								
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-		0	RA RA	4 4		0.000		
Fatty acids, total trans	•	00	Ū	NA.	-		0.000		
Cholesterol	-		0	RA	4		78		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g 0.0	48	0	RA	4		0.041		
Threonine			0	RA	4		0.145		
Isoleucine	=		0	RA	4 4		0.185		
Leucine			0	RA RA	4		0.304 0.255		
Methionine			0	RA	4		0.078		
Cystine	•		0	RA	4		0.031		
Phenylalanine	g 0.1	76	0	RA	4		0.151		
Tyrosine			0	RA	4		0.146		
Valine			0	RA	4 4		0.207		
Arginine Histidine	3		0	RA RA	4		0.148 0.085		
Alanine	•		0	RA	4		0.141		
Aspartic acid	•		0	RA	4		0.258		
Glutamic acid	g 0.7		0	RA	4		0.641		
Glycine			0	RA	4		0.140		
Proline	=		0	RA RA	4 4		0.322 0.186		
Serine	•	-0	U	RA.	4		0.106		
	~								
Others: Alcohol, ethyl	g 0.0		0	RA	4		0.0		
Caffeine	•		0	BFZN			2		
	-								

NDB No. 01236

Ice cream, soft serve, chocolate

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

Code

Measure 1 Measure 2 Measure 3

69 BFZN

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amol	int in 100	grams	or ear	ble portion	<u>)11</u>	Amount in e	dible portion	of common
			ı	Number				<u>m</u>	easures of fo	<u>od</u>
						Source	Confidence			
Nutrients and Uni	its	Mean St	d. Error				Code	Measure 1	Measure 2	Measure 3
Nati lents and on		incuit Ci	.a. 🗀 i oi					incusure i	measure 2	in casare (
Proximates:										
Water	g	38.00		0		4		42.94	6.84	
Energy	kcal	390		0		4		441	70	
Energy	kJ	1632		0		4		1844	294	
Protein	g	25.00		0		4		28.25	4.50	
Total lipid (fat)	g	32.00		0		4		36.16	5.76	
Ash	g	4.00		0	NR	4		4.52	0.72	
Carbohydrate, by difference	g	1.00		0		4		1.13	0.18	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	1.00		0	NR	4		1.13	0.18	
Starch	g									
Minerals:										
	m a	705		•		4		707	107	
Calcium, Ca	-	705 0.70		0 0		4 4		797 0.79	127 0.13	
Iron, Fe		30		0		4		34	0.13 5	
Phosphorus, P		530		0		4		599	95	
Potassium, K		55		0		4		62	10	
Sodium. Na	-	670		0		4		757	121	
Zinc, Zn		3.00		0		4		3.39	0.54	
Copper, Cu	-	0.030		0		4		0.034	0.005	
Manganese, Mn										
Selenium, Se	-	14.6		0	BFNN	4		16.5	2.6	
,										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0		4 4		0.0	0.0	
Thiamin	-	0.030		0		4		0.034	0.005	
Riboflavin	-	0.360 0.080		0		4		0.407 0.090	0.065	
Niacin	-	0.080		U		4		0.090	0.014	
Pantothenic acid Vitamin B-6	-	0.070		0		4		0.079	0.013	
Folate, total	-	18		0		4		20	3	
Folic acid		0		0	z	7		0	0	
Folate, food		18		0	4	4		20	3	
Folate, DFE		18		0	NC	4		20	3	
Choline, total		0.1		0	BFFN	4		0.1	0.0	
Betaine		0.1		·	DIII	-		0.1	0.0	
Vitamin B-12	-	0.83		0		4		0.94	0.15	
Vitamin B-12. added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		115		0	NC	4		130	21	
Retinol		113		0	NR	4		128	20	
Carotene, beta		28		0	NR	4		32	5	
Carotene, alpha		0		0	z	7		0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	
Vitamin A, IU		423		0	NC	4		478	76	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.28		0	BFFN	4		0.31	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D	<u>I</u> U	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.7		0	BFFN	4		3.0	0.5	
	µg									

		Amount in 100 grams of edible portion								Amount in edible portion of common measures of food		
					Number							
								onfidence				
Nutrients and Units	S	Mean	Std.	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:												
Fatty acids, total saturated	q	5.8	315		0		4		6.571	1.047		
4:0		0.0	35		0		4		0.040	0.006		
6:0	-	0.0	18		0		4		0.020	0.003		
8:0	g	0.0	12		0		4		0.014	0.002		
10:0	g	0.0	25		0		4		0.028	0.005		
12:0	g	0.0	27		0		4		0.031	0.005		
13:0	g											
14:0	g	0.1	.31		0		4		0.148	0.024		
15:0	g											
16:0	g	3.7	780		0		4		4.271	0.680		
17:0	g											
18:0	g	1.7	789		0		4		2.022	0.322		
20:0	g											
22:0	g											
24:0	g											
Fatty acids, total monounsaturated	g	14.1	27		0		4		15.964	2.543		
14:1	g											
15:1	-											
16:1 undifferentiated		0.0	25		0		4		0.028	0.005		
17:1	-											
18:1 undifferentiated		14.0			0		4		15.922	2.536		
20:1		0.0			0		4		0.000	0.000		
22:1 undifferentiated		0.0	000		0		4		0.000	0.000		
24:1 c	-											
Fatty acids, total polyunsaturated		10.6			0		4		11.995	1.911		
18:2 undifferentiated		10.4			0		4		11.796	1.879		
18:3 undifferentiated	-	0.1			0		4		0.202	0.032		
18:4		0.0	000		0		4		0.000	0.000		
20:2 n-6 c,c	-											
20:3 undifferentiated					•							
20:4 undifferentiated		0.0			0		4		0.000	0.000		
20:5 n-3 (EPA)	-	0.0	000		0		4		0.000	0.000		
21:5												
22:4	-	0 (•		4		0.000	0.000		
22:5 n-3 (DPA)		0.0			0		4 4		0.000	0.000		
22:6 n-3 (DHA)		0.0	,00		U		*		0.000	0.000		
Fatty acids, total trans	-	15			0		4		17	3		
Cholesterol	-	13			U		*		1/	3		
Phytosterols	rry											
Others:												
Alcohol, ethyl	-	0.0)		0		7		0.0	0.0		
Caffeine		0			0	Z	7		0	0		
Theobromine	mg	0			0	Z	7		0	0		

Common Measures:

Measure 1 = 113g: 1 cup, shredded Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number	measures of food					
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	77.70	1	0	мс	9		24.86		
Energy		91	,	0	MC	9		29		
Energy		381		Ū	мс	9		122		
Protein		4.70	1	0	MC	9		1.50		
Total lipid (fat)		1.30		0	NR.	4		0.42		
Ash		1.20		0	MC	9		0.38		
Carbohydrate, by difference	-	15.10		0	MC	9		4.83		
Fiber, total dietary		0.0	,	0	MC	9		0.0		
Sugars, total		7.20	1	0	MC	9		2.30		
Starch		7.20	,	Ū	мс	,		2.50		
	9									
Minerals: Calcium, Ca	ma	141		0	MC	9		45		
Iron, Fe	-	0.05	5	0	MC	9		0.02		
Magnesium, Mg	-		-	•		-		****		
Phosphorus, P		116		0	MC	9		37		
Potassium, K		219		0	MC	9		70		
Sodium, Na		72		0	MC	9		23		
Zinc, Zn	-									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mα	1.2		0	MC	9		0.4		
Thiamin				•		-		0.1		
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	-									
Folate, total										
Folate, DFE	µg									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU		679		0	MC	9		217		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
Lipids: Fatty acids, total saturated	ď	0.80	00	0	MC	9		0.256		
Fatty acids, total saturatedFatty acids, total monounsaturated.		0.80		U	PIC	,		0.230		
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		9		0	MC	9		3		
Phytosterols	-	-		-		-		-		

NDB No. 01194 KRAFT BREAKSTONE'S FREE Fat Free Sour Cream

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 2 tbsp

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		<u>Am</u>	ount in 10	Amount in edible portion of common						
				Number	measures of food					
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:	a	76.20		0	мс	9		23.62		
Water		152	•	0	MC	9		47		
		636		U	мс	9		197		
Energy		4.50		0	MC	9		1.40		
Protein Total lipid (fat)		12.00		0	NR.	4		3.72		
Ash	_	0.80		0	MC	9		0.25		
Carbohydrate, by difference	_	6.50		0	MC	9		2.02		
• •		0.1	•	0	MC	9		0.0		
Fiber, total dietary		6.40		0	MC	9		1.98		
Sugars, total		0.40	•	U	MC	9		1.98		
Starch	g									
Minerals: Calcium, Ca	ma	161		0	MC	9		50		
Iron, Fe	_	0.06		0	MC	9		0.02		
Magnesium, Mg	_	0.00	•	J	FIC	,		0.02		
Phosphorus, P		110		0	MC	9		34		
Potassium, K		210		0	MC	9		65		
Sodium, Na		59		0	MC	9		18		
Zinc, Zn	_									
Copper, Cu	_									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.1		0	MC	9		0.3		
Thiamin		1.1		Ū	мс	,		0.3		
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Choline, total										
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE										
Vitamin A, IU	<u>JU</u>	1053		0	MC	9		326		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
-										
<u>Lipids:</u>	_			_		_				
Fatty acids, total saturated		7.60	10	0	MC	9		2.356		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		50		0	MC	9		16		
Cholesterol		50		0	MC	9		16		

NDB No. 01193 KRAFT BREAKSTONE'S Reduced Fat Sour Cream

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units** Mean

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 2 tbsp

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		<u>Am oun</u>	t in 100 grams	Amount in edible portion of common					
			Number	measures of food					
					Source	Confidence			
Nutrients and Un	ite	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on		mean ota.					wcasarc i	Micasure 2	Weasure
Proximates:									
Water	g	51.50	0	MC	9		18.03		
Energy	kcal	215	0	MC	9		75		
Energy	kJ	900			9		315		
Protein	g	16.30	0	MC	9		5.71		
Total lipid (fat)	g	9.50	0	NR	4		3.33		
Ash	g	6.40	0	MC	9		2.24		
Carbohydrate, by difference	g	16.20	0	MC	9		5.67		
Fiber, total dietary		0.2	0	MC	9		0.1		
Sugars, total		8.20	0	MC	9		2.87		
Starch									
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	418	0	MC	9		146		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.16	0	MC	9		0.06		
Magnesium, Mg					_				
Phosphorus, P		943	0	MC	9		330		
Potassium, K	-	297	0	MC	9		104		
Sodium, Na	-	1705	0	MC	9		597		
Zinc, Zn	•	2.36	0	MC	9		0.83		
Copper, Cu									
Manganese, Mn	_								
Selenium, Se	µg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.4	0	MC	9		0.1		
Thiamin	mg								
Riboflavin	mg	0.330	0	MC	9		0.116		
Niacin	mg								
Pantothenic acid	mg								
Vitamin B-6	mg								
Folate, total	µg								
Folate, DFE	µg								
Choline, total	mg								
Betaine	mg								
Vitamin B-12	µg								
Vitamin A, RAE	µg								
Vitamin A, IU	<u>I</u> U	628	0	MC	9		220		
Lycopene	µg								
Lutein + zeaxanthin	µg								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)									
Vitamin D									
Vitamin K (phylloquinone)									
Dihydrophylloquinone									
Menaquinone-4	µg								
Lipids:									
Fatty acids, total saturated	g	6.400	0	MC	9		2.240		
Fatty acids, total monounsaturated									
Fatty acids, total polyunsaturated									
Fatty acids, total trans									
Cholesterol		35	0	MC	9		12		
Phytosterols									

NDB No. 01189

KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		<u>Am</u>	ount in 10	Amount in edible portion of common						
			Number	measures of food						
						Source (Confidence			
Nutrients and Ur	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	51.50	1	0	MC	9		17.00		
Energy		276		0	MC	9		91		
Energy		1155		Ū	мс	9		381		
Protein		12.00	,	0	MC	9		3.96		
Total lipid (fat)		21.00		0	NR	4		6.93		
Ash		5.80		0	MC	9		1.91		
Carbohydrate, by difference		9.20		0	MC	9		3.04		
Fiber, total dietary		0.3		0	MC	9		0.1		
Sugars, total		6.70	,	0	MC	9		2.21		
Starch		0.70		·	110			2.22		
Minerals: Calcium, Ca	ma	359		0	MC	9		118		
Iron, Fe	-	0.19)	0	MC	9		0.06		
Magnesium, Mg	_	0.13		J		,		0.00		
Phosphorus, P	-	806		0	MC	9		266		
Potassium, K		240		0	MC	9		79		
Sodium, Na		1638		0	MC	9		541		
Zinc, Zn	-	1.64		0	MC	9		0.54		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		0	MC	9		0.1		
Thiamin	_	***		·		-		***		
Riboflavin		0.24	.0	0	MC	9		0.079		
Niacin										
Pantothenic acid	-									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	pg									
Choline, total	mg									
Betaine	-									
Vitamin B-12										
Vitamin A, RAE										
Vitamin A, IU		649		0	MC	9		214		
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	а	13.10	10	0	MC	9		4.323		
Fatty acids, total monounsaturated.		13.10	-	Ū		-		1.525		
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		75		0	MC	9		25		
Phytosterols	-									

NDB No. 01188
KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code

Code Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01190 KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Kraft Foods, Inc.

Nutrients and Units	common	dible portion o	Amount in e	<u>1</u>	ole portion	of edil	grams	ount in 100	n o	<u>Am</u>	4			
Nutrients and Units							Num her	1						
Nutrients and Units				onfidence	Source C									
Maintennest	Measure 3	Measure 2	Measure 1					Std. Error	s	an	Mea		s and Units	Nutrients
Water														
Family			12 18		٥	MC	0		00	58 00	5.9	a		
Facegy									,,					
Protein						мс	Ū							
Total light (figh						MC	0		70					
Ash												_		
Carbolydran, by difference							-							r
Fiber, total distary							-					_		
Sugars, total							-							
Starch							-							
Minerals:			1.41		9	MC	U		70	6.70	•			•
Calcium, Ca.												.9		Starch
Droit Prof. May Magnesium Mg Magnesium Mg Mgenesium Mg					•		_							
Magnesium Mg.												_		, , , , , , , , , , , , , , , , , , ,
Phosphorus P.			0.01		9	MC	0		J5	0.05	C	-		· · · · · · · · · · · · · · · · · · ·
Potassium K.			104		•		_							
Sodium, Na														
Zinc, Zin														
Соррег, Си									F 0			-		
Manganese, Mn.			0.53		9	MC	U		50	2.50	4			
Steinium, Se.												_		11 /
Vitamins: Vitamin C, total ascorbic acid														•
Vitamin C, total ascorbic acid.												.µg		Selemum, Se
Thiamin														Vitamins:
Riboflavin			0.0		9	MC	0		2	0.2	C	.mg	ic acid	Vitamin C, total ascorbio
Niacin												_		
Pantothenic acid			0.059		9	MC	0)	280	0.28	C	.mg		Riboflavin
Vitamin B-6.												_		
Folate, total.												_		
Folate, DFE												_		
Choline, total														, , , , , , , , , , , , , , , , , , ,
Betaine														, , , , , , , , , , , , , , , , , , ,
Vitamin B-12												_		,
Vitamin A, RAE												_		
Vitamin A, IU														
Lycopene			455		•	160	•				01.6			
Lutein + zeaxanthin			455		У	MC	U			00	2166			
Vitamin E (alpha-tocopherol)														• •
Tocopherol, beta														
Tocopherol, gamma														
Tocopherol, delta														•
Tocotrienol, alpha														
Tocotrienol, beta														•
Tocotrienol, gamma														
Tocotrienol, delta														
Vitamin D (D2 + D3)														
Vitamin D												-		
Vitamin K (phylloquinone) µ9 Dihydrophylloquinone µ9 Menaquinone-4 µ9 Lipids: Fatty acids, total saturated 9 0.700 0 MC 9 0.147 Fatty acids, total monounsaturated 9 Fatty acids, total polyunsaturated 9 Fatty acids, total trans 9														, ,
Dihydrophylloquinone														
Menaquinone-4														
Etipids: Fatty acids, total saturated														
Fatty acids, total saturated												-		
Fatty acids, total monounsaturated			0 145		•	20	^	•	700	0	,	0	44	
Fatty acids, total polyunsaturatedg Fatty acids, total trans			0.147		9	MC	U	,	,00	0.70	·			•
Fatty acids, total transg														•
			•		0	wa	^			16	4.			•
Cholesterolmg 16 0 MC 9 3 Phytosterolsmg			3		9	MC	U			±0	16	_		

KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Num ber					easures of fo	
						Source (Confidence			
Nutrients and U	Jnits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates: Water	a	51.30	0	0	MC	9		14.36		
Energy		222		0	MC	9		62		
Energy		929				9		260		
Protein		19.60	0	0	MC	9		5.49		
Total lipid (fat)	g	10.60	0	0	NR	4		2.97		
Ash	g	6.60	0	0	MC	9		1.85		
Carbohydrate, by difference	g	11.80	0	0	MC	9		3.30		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	8.50	0	0	MC	9		2.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	574		0	MC	9		161		
Iron, Fe	mg	0.14	4	0	MC	9		0.04		
Magnesium, Mg										
Phosphorus, P		1024		0	MC	9		287		
Potassium, K		345		0	MC	9		97		
Sodium, Na	_	1586 2.49	•	0	MC MC	9 9		444 0.70		
Zinc, Zn Copper, Cu	_	2.4	9	U	МС	9		0.70		
Manganese, Mn										
Selenium, Se										
,										
Vitamins:	ma	0.1		•	wa	0		0.0		
Vitamin C, total ascorbic acid	_	0.1		0	MC	9		0.0		
ThiaminRiboflavin	_	0.6	50	0	MC	9		0.182		
Niacin	=	0.0.		ŭ				0.102		
Pantothenic acid	_									
Vitamin B-6	_									
Folate, total	µg									
Folate, DFE	µg									
Choline, total	_									
Betaine	_									
Vitamin B-12										
Vitamin A, RAE		982		0	MC	9		275		
Vitamin A, IU Lycopene		302		U	MC	9		213		
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4										
Lipids:										
Fatty acids, total saturated	g	7.10	00	0	MC	9		1.988		
Fatty acids, total monounsaturate										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol	mg	42		0	MC	9		12		
Phytosterols	ma									

KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Kraft Foods, Inc.

		Amo	ount in 100	grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source C	Confidence			
Nutrients and U	Jnits	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.80		0	MC	9		12.82		
Energy	kcal	303		0	MC	9		85		
Energy	kJ	1268				9		355		
Protein	_	16.30		0	MC	9		4.56		
Total lipid (fat)	-	22.00		0	NR	4		6.16		
Ash	-	6.00		0	MC	9		1.68		
Carbohydrate, by difference		9.80		0	MC	9		2.74		
Fiber, total dietary		0.0		0	MC	9		0.0		
Sugars, total		8.10		0	MC	9		2.27		
Starch	g									
Minerals:										
Calcium, Ca	<u>mg</u>	466		0	MC	9		130		
Iron, Fe	_	0.18		0	MC	9		0.05		
Magnesium, Mg				_				0.4.5		
Phosphorus, P		863		0	MC	9		242 94		
Potassium, KSodium, Na		335 1499		0 0	MC MC	9 9		420		
Zinc, Zn	_	1.84		0	MC	9		0.52		
Copper, Cu	_	1.01		Ū	мс	,		0.52		
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		0	MC	9		0.1		
Thiamin	_	0.2		Ū	мс	,		0.1		
Riboflavin	_	0.350	0	0	MC	9		0.098		
Niacin	=									
Pantothenic acid	_									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE										
Choline, total	_									
Betaine	_									
Vitamin B-12 Vitamin A, RAE										
Vitamin A, KAE		1107		0	MC	9		310		
Lycopene						-				
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	a	14.400	0	0	MC	9		4.032		
Fatty acids, total monounsaturate				•		-				
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		80		0	MC	9		22		
Phytosterols	ma									

KRAFT VELVEETA Pasteurized Process Cheese Spread

Amount in 100 grams of edible portion

Std. Error Points Code Code

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Code

Measure 1 Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein

Nutrients and Units

Fat

Mean

Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gra		ible port	<u>ion</u>		edible portion easures of fo	
Nutrients and Un	its	Mean Sto	Numb of Da d.Error Poin	ta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	90.07	0.048	4 A	1				
Energy	kcal	41		0 NC	4				
Energy	kJ	174		0 NC	4				
Protein	g	3.79	0.062	4 A	1				
Total lipid (fat)	g	0.93	0.056	4 A	1				
Ash	g	0.72	0.020	4 A	1				
Carbohydrate, by difference		4.48		0 NC	4				
Fiber, total dietary		0.0		0 z	7				
Sugars, total		4.61		1 A	1				
Sucrose		0.00		1 A	1				
Glucose (dextrose)		0.00		1 A	1				
Fructose		0.00		1 A	1				
Lactose		3.70		1 A	1				
Maltose	g	0.00		1 A	1				
Galactose		0.91		1 A	1				
Starch									
Surci	9								
Minerals:									
Calcium, Ca	<u>mg</u>	130	1.436	1 A	1				
Iron, Fe	mg	0.04	0.000	1 A	1				
Magnesium, Mg	mg	12		1 A	1				
Phosphorus, P		105		1 A	1				
Potassium, K		164		1 A	1				
Sodium, Na		40		1 A	1				
Zinc, Zn		0.46		1 A	1				
Copper, Cu		0.009		1 A	1				
Manganese, Mn		0.005		A 2 A	1 1				
Selenium, Se	µg	3.6	•	2 A	1				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	g	0.2		L A	1				
Thiamin	mg	0.030		2 A	1				
Riboflavin	mg	0.135		2 A	1				
Niacin		0.150		2 A	1				
Pantothenic acid	•	0.385		2 A	1				
Vitamin B-6	-	0.058		2 A	1				
Folate, total		13		L A	1				
Folic acid		0) Z	7				
Folate, food		13		L A	1				
Folate, DFE		13) NC	4				
Choline, total		15.2) BFZN	1 4				
Betaine	-				_				
Vitamin B-12		0.29		2 A	1				
Vitamin B-12, added		0.00) z	7				
Vitamin A, RAE		171) AS	1				
Retinol		171		L A	1 7				
Carotene, beta		0 0) z) z	7				
Carotene, alpha		0			7				
Cryptoxanthin, beta		0 569) Z) AS	1				
Vitamin A, IU		0			7				
LycopeneLutein + zeaxanthin		0			7				
		0.02) EFZN					
Vitamin E (alpha-tocopherol) Vitamin E, added		0.02) Brzr	7				
Tocopherol, beta	-	0.00	,	, 4	,				
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									

18:2 t not further defined.......Q

18:3 n-3 c,c,c (ALA)......g

18:3 n-6 c,c,c......g

18:3i......g

20:3 n-3.....g

20:3 n-6.....g

20:4 n-6.....g

20:4 undifferentiated......g

21:5.....g

22:5 n-3 (DPA)......g

22:6 n-3 (DHA)......g

Fatty acids, total trans-monoenoic......g

Fatty acids, total trans......g

18:4.....g

20:3 undifferentiated.....g

18:3 undifferentiated......g

Amount in edible portion of common

Measure 3

Amount in 100 grams of edible portion measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Tocotrienol, delta.....mg 1.0 1 Vitamin D (D2 + D3).....µg 1 AS 41 0 NR 4 BFZN Vitamin K (phylloquinone)......µg 0.1 4 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.658 0 NC 4 0.029 0.002 A 1 4:0.....g 4 0.018 0.001 4 6:0.....g Α 1 8:0.....g 0.008 0.001 4 Α 1 0.021 0.003 4 1 10:0.....g Α 0.029 0.002 4 А 1 13:0.....g 0.105 0.007 1 14:0.....g 0.013 0.001 4 1 15:0......g Α 0.308 0.020 4 А 1 0.007 0.000 17:0......g Α 1 18:0.....g 0.118 0.007 Α 1 0.002 0.000 Α 1 20:0.....g 0.000 0.000 А 1 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 0.310 NC 4 0.011 0.001 A 1 14:1.....g 0.000 0.000 Α 1 0.002 16:1 undifferentiated.......Q 0.020 AS 1 0.001 4 16:1 c.....g 0.017 Α 1 16:1 t.....g 0.003 0.000 Α 1 0.003 0.000 Α 1 0.273 0.017 AS 1 0.015 18:1 c.....g 0.246 4 Α 1 0.027 0.002 А 1 18:1-11 t (18:1t n-7)......g 0.001 4 0.004 А 20:1.....g 0.000 0.000 4 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g А 1 0.000 0.000 22:1 t.....g Α 1 0.000 0.000 0.053 0 NC 4 Fatty acids, total polyunsaturated......9 0.042 0.002 1 18:2 undifferentiated......g 4 AS 0.002 18:2 n-6 c,c....g 0.029 4 Α 1 0.006 0.001 1 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g

0.008

0.006

0.006

0.000

0.000

0.000

0.000

0.002

0.000

0.002

0.002

0.000

0.000

0.001

0.000

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0.001 4

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4

4

Kefir, low fat, plain, LIFEWAY

	<u>Am oun</u>	t in 100 g	rams	of edi	ble portio	<u>on</u>	Amount in edible portion of cor			
		Nu	mbei	r			measures of food			
Nictuiante and Unita	Mean Std.					Confidence Code		Magaura 2	Magaura 2	
Nutrients and Units	Mean Sto.	. Error ·	Units	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total trans-polyenoicg	0.008		0	NC	4					
Cholesterolmg	5	0.029	3	A	1					
Phytosterolsmg										
Others:										
Alcohol, ethylg	0.0		0	Z	7					
Caffeinemg	0		0	Z	7					
Theobrominemg	0		0	Z	7					

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 100 g	rams	s of edi	ble porti	<u>ion</u>	Amount in e	edible portion	of common
			Nu	mbe	r				easures of fo	
						Source	Confidence			
Nutrients and Un	nits	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		84.82	0.138		Α	1				
Energy		62		0	NC	4				
Energy		261		0	NC	4				
Protein	_	3.39	0.025		A	1				
Total lipid (fat)		0.90	0.101		A	1				
Ash		0.68	0.014		A	1				
Carbohydrate, by difference		10.20		0	NC	4				
Fiber, total dietary		0.0		0	Z	7				
Sugars, total		9.21		2	A	1				
Sucrose		5.34		2	A	1				
Glucose (dextrose)		0.00		2	A	1				
Fructose	g	0.00		2	A	1				
Lactose		3.23		2	A	1				
Maltose		0.00		2	A	1				
Galactose		0.63		2	A	1				
Starch	g									
Minerals:										
Calcium, Ca	ma	119	0.816	4	A	1				
Iron, Fe	-	0.04	0.000		A	1				
Magnesium, Mg		11	0.111		A	1				
Phosphorus, P		96	0.394		A	1				
Potassium, K		154	1.472		A	1				
Sodium, Na		37	0.835	4	A	1				
Zinc, Zn		0.44	0.002	4	A	1				
Copper, Cu		0.009	0.000	4	A	1				
Manganese, Mn	mg	0.005	0.000	4	A	1				
Selenium, Se	µg	3.6		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.5		1	A	1				
Thiamin	-	0.030	ı	2	A	1				
Riboflavin	-	0.210		2	A	1				
Niacin	-	0.105	i	2	A	1				
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.380	1	2	A	1				
Vitamin B-6	mg	0.060	ı	2	A	1				
Folate, total		22		1	A	1				
Folic acid		0		0	Z	7				
Folate, food	µg	22		1	A	1				
Folate, DFE	µg	22		0	NC	4				
Choline, total	mg	15.2		0	BFZN	4				
Betaine	mg									
Vitamin B-12		0.31		2	A	1				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	178		0	AS	1				
Retinol		178		1	A	1				
Carotene, beta		3		1	A	1				
Carotene, alpha		0		1	A	1				
Cryptoxanthin, beta		0		1	A	1				
Vitamin A, IU		599		0	AS	1				
Lycopene		0		1	A	1				
Lutein + zeaxanthin		0		1	A	1				
Vitamin E (alpha-tocopherol)	-	0.06		0	BFZN	4				
Vitamin E, added		0.00		0	Z	7				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									

Amount in 100 grams of edible portion

Num ber

Measure 1

Code

Amount in edible portion of common measures of food

Measure 2

Measure 3

of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Mean Tocotrienol, delta.....mg 1.1 1 Vitamin D (D2 + D3).....µg 1 AS 44 0 NR 4 Vitamin K (phylloquinone)......µg BFZN 1.2 4 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.533 0 NC 4 0.024 0.001 A 1 4:0.....g 4 0.001 4 0.013 6:0.....g Α 1 8:0.....g 0.006 0.001 4 1 0.018 0.005 4 1 10:0.....g Α 0.023 0.002 4 А 1 13:0.....g 0.084 0.006 4 1 14:0.....g 0.010 0.001 4 1 15:0......g Α 0.253 0.020 4 А 1 0.005 0.001 17:0......g Α 1 18:0.....g 0.095 0.008 Α 1 0.002 0.000 Α 1 20:0.....g 0.000 0.000 А 1 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 0.262 NC 4 0.009 0.001 A 1 14:1.....g 0.000 0.000 Α 1 16:1 undifferentiated.......Q 0.017 0.002 AS 1 0.001 4 16:1 c.....g 0.014 Α 1 16:1 t.....g 0.003 0.000 Α 1 0.002 0.000 Α 1 0.231 0.021 AS 1 0.019 18:1 c.....g 0.209 Α 1 0.022 0.002 А 1 18:1-11 t (18:1t n-7)......g 0.003 0.000 А 20:1.....g 0.000 0.000 4 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g Α 1 0.000 0.000 22:1 t.....g Α 1 0.000 0.000 0.041 0 NC 4 Fatty acids, total polyunsaturated......9 0.033 0.003 1 18:2 undifferentiated......g 4 AS 0.002 18:2 n-6 c,c....g 0.022 4 Α 1 0.005 0.000 1 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.006 0.001 4 18:2 t not further defined.......Q Α 1 18:3 undifferentiated......g 0.005 0.000 AS 1 0.005 0.000 1 18:3 n-3 c,c,c (ALA)......g А 0.000 0.000 Α 1 18:3 n-6 c,c,c......g 0.000 0.000 18:3i......g Α 1 18:4.....g 0.000 0.000 4 А 1 0.000 0.000 Α 1 20:3 undifferentiated.....g 0.001 0.000 AS 1 0.000 0.000 1 20:3 n-3.....g Α 0.000 20:3 n-6.....g 0.001 4 1 0.002 0.000 1 20:4 undifferentiated......g Α 20:4 n-6.....g 0.000 0.000 4 Α 1 21:5.....g 0.000 0.000 22:4.....g А 1 0.001 0.000 22:5 n-3 (DPA)......g 4 Α 1 0.000 0.000 22:6 n-3 (DHA)......g 4 Α 1 0.030 0 NC 4 Fatty acids, total trans......g 0.025 NC 4 Fatty acids, total trans-monoenoic......g 0

Kefir, lowfat, strawberry, LIFEWAY

	Num ber							Amount in edible portion of comm			
Nutrients and Units	Mean Std.					Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total trans-polyenoicg Cholesterolmg	0.006 5	0.059	0	NC A	4 1						
Phytosterolsmg Others: Alcohol, ethylg	0.0		0	z	7						
Caffeinemg Theobrominemg	0		0	z z	7 7						

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Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amo	unt in 100			ole porti	<u>on</u>		edible portion easures of fo	
			ļ	Number		0	0 (1 - 1	<u></u>	easures or ro	<u>5u</u>
Nutrients and Ur	nits	Mean S	itd. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	61.77		0	RA	4				
Energy		165		0	NC	4				
Energy		690		0	NC	4				
Protein (N x 6.25)		1.54		0	110	8				
Total lipid (fat)		3.08		0		8				
Ash	-	0.87		0	RA	4				
Carbohydrate, by difference		32.75		0	NC	4				
Fiber, total dietary		0.0		0	NC	8				
Sugars, total		18.46		0		8				
Starch		10.40		U		0				
Starcn	y									
Minerals:										
Calcium, Ca	<u>mg</u>	62		0		8				
Iron, Fe	-	0.00		0		8				
Magnesium, Mg		12		0	RA	4				
Phosphorus, P	-	84		0	RA	4				
Potassium, K	-	174		0	RA	4				
Sodium, Na	-	46		0		8				
Zinc, Zn	-	0.66		0	RA	4				
Copper, Cu		0.020		0	RA	4				
Manganese, Mn		0.007		0	RA	4				
Selenium, Se	µg	1.8		U	RA	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.8		0		8				
Thiamin	mg	0.045		0	RA	4				
Riboflavin	mg	0.206		0	RA	4				
Niacin	-	0.113		0	RA	4				
Pantothenic acid	mg	0.402		0	RA	4				
Vitamin B-6	mg	0.038		0	RA	4				
Folate, total		6		0	RA	4				
Folic acid		0		0	RA	4				
Folate, food		6		0	RA	4				
Folate, DFE		6		0	NC	4				
Choline, total	• • • • • • • • • • • • • • • • • • • •	20.4		0	RA	4				
Betaine										
Vitamin B-12		0.36		0	RA	4				
Vitamin B-12, added		0.00		0	RA	4				
Vitamin A, RAE		93		0	NC	<u>4</u> 4				
Retinol	· -	92		0	RA	-				
Carotene, beta		10 0		0	RA RA	4 4				
Carotene, alpha		2		0	RA RA	4				
Cryptoxanthin, beta		324		0	NC	4				
Vitamin A, IU		0		0	RA	4				
LycopeneLutein + zeaxanthin		2		0	RA RA	4				
Vitamin E (alpha-tocopherol)		0.09		0	RA	4				
Vitamin E, added		0.00		0	RA	4				
Tocopherol, beta		0.00		Ū	IVA	-				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.1		0	RA	4				
Vitamin D	IU	2		0	RA	4				
Vitamin K (phylloquinone)	µg	0.3		0	RA	4				
Dihydrophylloquinone	µg									
Menaquinone-4	μα									

	<u>Am ou</u>	nt in 100 grams		ble portio	<u>n</u>		dible portion	
		Num be	r			<u>m</u>	easures of foo	<u>) a</u>
					Confidence			
Nutrients and Units	Mean Sto	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	1.813	0	NC	4				
4:0g	0.099	0	RA	4				
6:0g	0.056	0	RA	4				
8:0g	0.044	0	RA	4				
10:0g	0.072	0	RA	4				
12:0g	0.075	0	RA	4				
13:0g	0.000	0	RA	4				
14:0g	0.296	0	RA	4				
15:0g	0.000	0	RA	4				
16:0g	0.823	0	RA RA	4 4				
17:0g	0.000 0.349	0	RA RA	4				
18:0g 20:0g	0.000	0	RA RA	4				
20:0g	0.000	0	RA	4				
24:0g	0.000	0	RA	4				
Fatty acids, total monounsaturatedg	0.819	0	NC	4				
14:1g	0.000	0	RA	4				
15:1g								
16:1 undifferentiatedg	0.050	0	RA	4				
17:1g								
18:1 undifferentiatedg	0.768	0	RA	4				
20:1g	0.000	0	RA	4				
22:1 undifferentiated	0.000	0	RA	4				
24:1 cg								
Fatty acids, total polyunsaturatedg	0.137	0	NC	4				
18:2 undifferentiatedg	0.088	0	RA	4				
18:3 undifferentiatedg	0.049	0	RA	4				
18:4g	0.000	0	RA	4				
20:2 n-6 c,c								
20:3 undifferentiated	0.000	0	RA	4				
20:5 n-3 (EPA)	0.000	0	RA	4				
21:5g	0.000	v		-				
22:4g								
22:5 n-3 (DPA)g	0.000	0	RA	4				
22:6 n-3 (DHA)g	0.000	0	RA	4				
Fatty acids, total transg								
Cholesterolmg	8	0		8				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RA	4				
Caffeinemg	0	0	RA	4				
Theobrominemg	0	0	RA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Am	ount in 10	u gram s	ot edik	oie portio	<u>on</u>	Amount in e	dible portion	of common
				Number	•				easures of fo	
						Source (Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure
Proximates:	a	61.4	3	0	BFZN	4		41.77		
Energy		147	_	2	LC	8		100		
Energy		615		0	LC	8		418		
		4.4	1	2	LC	8		3.00		
Protein				2	LC					
Total lipid (fat)		1.4				8		1.00		
Ash	_	0.6		0	BFZN	4		0.47		
Carbohydrate, by difference		33.0		2	LC	8		22.50		
Fiber, total dietary		6.6		2	LC	8		4.5		
Sugars, total		22.0	6	2	LC	8		15.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	184		2	LC	8		125		
Iron, Fe	_	0.5	3	2	LC	8		0.36		
Magnesium, Mg	_	20		0	BFZN	4		13		
Phosphorus, P		83		0	BFZN	4		57		
Potassium, K		316		2	LC	8		215		
Sodium, Na		92		2	LC	8		63		
Zinc, Zn	mg	0.4	3	0	BFZN	4		0.30		
Copper, Cu	mg	0.1	03	0	BFZN	4		0.070		
Manganese, Mn										
Selenium, Se		2.2		0	BFZN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.9		2	LC	8		0.6		
Thiamin	_	0.0		0	BFZN	4		0.015		
Riboflavin	_	0.1		0	BFZN	4		0.015		
Niacin	_	0.1		0	BFZN	4		0.086		
Pantothenic acid	_	0.1	20	·	21 211	-		0.000		
Vitamin B-6	_	0.0	23	0	BFZN	4		0.016		
Folate, total	_	4		0	BFZN	4		2		
Folic acid		0		0	BFZN	4		0		
Folate, food		4		0	BFZN	4		2		
Folate, DFE		4		0	NC	4		2		
Choline, total		19.6		0	BFZN	4		13.3		
Betaine				•		-		13.3		
Vitamin B-12		0.1	4	0	BFZN	4		0.10		
Vitamin B-12, added		0.0		0	BFZN	4		0.00		
Vitamin A, RAE		71		0	NC	4		48		
Retinol		60		0	BFZN	4		41		
Carotene, beta		135		0	BFZN	4		92		
Carotene, alpha		0		0	BFZN	4		0		
Cryptoxanthin, beta		0		0	BFZN	4		0		
Vitamin A, IU		424		0	NC NC	4		288		
Lycopene		0		0	BFZN	4		0		
Lutein + zeaxanthin		1		0	BFZN	4		1		
Vitamin E (alpha-tocopherol)		0.2	0	0	BFZN	4		0.13		
		0.2		0	BFZN	4		0.00		
Vitamin E, added		0.0	•	U	DF AN	-		0.00		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.1		0	BFZN	4		0.1		
		5		0	NR	4		4		
Vitamin D		0.6		0	BFZN	4		0.4		
Vitamin K (phylloquinone)		0.6		U	DFZN	*		0.4		
Dihydrophylloquinone Menaquinone-4										

	Amo				ole portio	<u>n</u>	Amount in edible portion of comm measures of food		
			Number				_	easures or roc	<u> </u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.810)	0	NC	4		0.551		
4:0g	0.008	3	0	BFZN	4		0.005		
6:0g	0.00	L	0	BFZN	4		0.001		
8:0g	0.002	2	0	BFZN	4		0.001		
10:0g	0.004	<u>l</u>	0	BFZN	4		0.003		
12:0g	0.00	2	0	BFZN	4		0.002		
13:0g									
14:0g	0.01	7	0	BFZN	4		0.011		
15:0g									
16:0g	0.378	3	0	BFZN	4		0.257		
17:0g									
18:0g	0.399)	0	BFZN	4		0.271		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.462	2	0	NC	4		0.314		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	5	0	BFZN	4		0.004		
17:1g									
18:1 undifferentiatedg	0.45		0	BFZN	4		0.310		
20:1g	0.000		0	BFZN	4		0.000		
22:1 undifferentiatedg	0.000)	0	BFZN	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.05		0	NC	4		0.035		
18:2 undifferentiated	0.050		0	BFZN	4 4		0.034		
18:3 undifferentiated	0.00		0	BFZN	4		0.001		
18:4g	0.000)	U	BFZN	4		0.000		
20:2 n-6 c,c									
20:4 undifferentiatedg	0.000	1	0	BFZN	4		0.000		
20:5 n-3 (EPA)	0.000		0	BFZN	4		0.000		
20:5 ii-5 (EPA)g 21:5	0.000	,	U	DF ZN	-		0.000		
21:3g 22:4g									
22:5 n-3 (DPA)g	0.000)	0	BFZN	4		0.000		
22:6 n-3 (DHA)g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans	2.00		-		-		0.000		
Cholesterolmg	7		2	LC	8		5		
Phytosterolsmg	•		_		=		-		
Others:									
Alcohol, ethylg	0.0		0	BFZN	4		0.0		
Caffeine mg	2		0	BFZN	4		1		
Theobrominemg	69		0	BFZN	4		47		
The continue with the same wit					-				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 bar

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		Ame	ount in 100	gram (s of edi	ble portion		Amount in e	dible portion	of common
			ı	Numbe	r				easures of fo	
						Source Co	nfidanaa	_		
Nutrients and L	lm it o	M	Std. Error				Code	Maga:::: 4	Maga::::- 2	Mac
Nutrients and C	Inits	Mean	Sta. Error	FUIILS	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	72.20	0.9	950 7		1		20.50	216.60	
Energy	kcal	119		0	NC	4		34	356	
Energy	kJ	496		0		4		141	1489	
Protein (N x 6.38)	g	3.05	0.2	261 7		1		0.87	9.15	
Total lipid (fat)	g	2.70		1		1		0.77	8.10	
Ash	g	0.90	0.0	71 7		1		0.26	2.70	
Carbohydrate, by difference	g	21.15		0	NC	4		6.01	63.45	
Fiber, total dietary	g	0.3		0		4		0.1	0.9	
Sugars, total	g	20.85		0	NR	4		5.92	62.55	
Starch	g									
Minerals:										
Calcium, Ca	_	132		1		1		37	396	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.31		1		1		0.09	0.93	
Magnesium, Mg		16		1		1		5	48	
Phosphorus, P		126 224		1 1		1 1		36 64	378 672	
Potassium, K Sodium, Na	-	224 111		1		1		64 32	672 333	
Zinc, Zn	-	0.48		1		1		0.14	1.44	
Copper, Cu		0.06		0		1		0.018	0.195	
Manganese, Mn		0.03		0		1		0.011	0.117	
Selenium, Se	_	1.9		0	BFPN			0.5	5.7	
ŕ				·		-		****		
Vitamins:				_		_				
Vitamin C, total ascorbic acid	_	0.0		6		1		0.0	0.0	
Thiamin	-	0.04				1		0.013	0.141	
Riboflavin	_	0.22				1		0.063	0.666	
Niacin	_	0.12				1		0.035	0.372	
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.36 0.02		014 6		1 1		0.103	1.089	
Vitamin B-6	-	5				1		0.007 1	0.075	
Foliate, total		0	0.	761 7 0	z	7		0	15 0	
Folic acid	· -	5	0.5	761 7	4	1		1	15	
Folate, food Folate, DFE		5	0.	0	NC	4		1	15	
Choline, total		17.0		0	T	4		4.8	51.0	
Betaine		17.0		U	1	-		1.0	51.0	
Vitamin B-12	•	0.32	0 ()51 7		1		0.09	0.95	
Vitamin B-12, added		0.00	0.0	0	Z	7		0.00	0.00	
Vitamin A, RAE		18		0	NC	4		5	55	
Retinol		18		0	NC	4		5	54	
Carotene, beta		4		0	BFFN	4		1	12	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	
Vitamin A, IU		67		0	NC	4		19	201	
Lycopene		0		0	z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.05		0	BFFN	4		0.01	0.14	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.0		0	AS	1		0.3	3.0	
Vitamin D	IU	41		0	BFFN	4		12	122	
Vitamin K (phylloquinone)	µg	0.2		0	BFFN	4		0.1	0.5	
Dihydrophylloquinone										
Menaquinone-4										

	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Number			<u>m</u>	easures of foo	<u>d</u>	
				Deriv Source	Confidence				
Nutrients and Units	Mean	Std. Erı	or Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:									
Fatty acids, total saturated	g 1.	.681	0	1		0.477	5.043		
4:0	g 0.	.088	0	1		0.025	0.264		
6:0	•	.052	0	1		0.015	0.156		
8:0	•	.030	0	1		0.009	0.090		
10:0		.068	0	1		0.019	0.204		
12:0	=	.076	0	1		0.022	0.228		
14:0	-	.272	0	1		0.077	0.816		
15:0	=		· ·	_		0.077	0.010		
16:0	-	710	0	1		0.202	2.130		
17:0	g								
18:0	g 0.	.327	0	1		0.093	0.981		
20:0	=								
22:0	-								
24:0	•	700	•	-			0.240		
Fatty acids, total monounsaturated		.780	0	1		0.222	2.340		
15:1									
16:1 undifferentiated	-	.060	0	1		0.017	0.180		
17:1									
18:1 undifferentiated		679	0	1		0.193	2.037		
20:1	g 0.	.000	0	1		0.000	0.000		
22:1 undifferentiated	.g 0	.000	0	1		0.000	0.000		
24:1 c	-								
Fatty acids, total polyunsaturated		.100	0	1		0.028	0.300		
18:2 undifferentiated	-	.061	0	1		0.017	0.183		
18:3 undifferentiated	•	.039 .000	0	1 1		0.011 0.000	0.117 0.000		
18:4 20:2 n-6 c,c	-	.000	U	_		0.000	0.000		
20:3 undifferentiated									
20:4 undifferentiated		.000	0	1		0.000	0.000		
20:5 n-3 (EPA)	=	.000	0	1		0.000	0.000		
21:5	g								
22:4	g								
22:5 n-3 (DPA)	•	.000	0	1		0.000	0.000		
22:6 n-3 (DHA)	•	.000	0	1		0.000	0.000		
Fatty acids, total trans			0	1		2	22		
Cholesterol.	mg 11 mg		U	1		3	32		
Phytosterols	ing								
Amino Acids:									
Tryptophan	.0	.043	0	1		0.012	0.129		
Threonine	•	.138	0	1		0.039	0.414		
Isoleucine	•	. 185 . 299	0	1 1		0.053 0.085	0.555		
LeucineLysine	•	. 299	0	1		0.069	0.897 0.726		
Methionine	.0	.076	0	1		0.022	0.228		
Cystine	•	.028	0	1		0.008	0.084		
Phenylalanine		.147	0	1		0.042	0.441		
Tyrosine		.147	0	1		0.042	0.441		
Valine		.204	0	1		0.058	0.612		
Arginine		.110	0	1		0.031	0.330		
Histidine	•	.083	0	1		0.024	0.249		
Alanine	•	.105	0	1		0.030	0.315		
Aspartic acid	•	.231	0	1		0.066	0.693		
Glutamic acid	•	639	0	1		0.181	1.917		
Glycine		.065	0	1		0.018	0.195		
Proline	•	. 295	0	1 1		0.084	0.885		
Serine Hydroxyproline	•	.166	U	1		0.047	0.498		
	9								
Others:									
Alcohol, ethyl	=	. 0	0	7		0.0	0.0		
Caffeine	mg 2		0	BFZN 4		1	6		

NDB No. 01110 Milk shakes, thick chocolate

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

BFZN

Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 300g: 1 container (10.6 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

23

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gr	am s	of edil	ble portio	<u>n</u>	Amount in e	dible portion	of common
			Nun	nber				m	easures of fo	od
					Deriv	Source (Confidence	_		
Nutrients and Ur	nits	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.45	0.833	10		1		21.14	233.03	
Energy	-	112	0.633	0	NC	4		32	350	
0.0		468		0	NC	4		133	1464	
Energy			0.098	10		1				
Protein (N x 6.38)		3.86						1.10	12.08	
Total lipid (fat)	_	3.03	0.140	10		1 1		0.86	9.48	
Ash	-	0.91	0.022	10				0.26	2.85	
Carbohydrate, by difference		17.75		0	NC	4		5.04	55.56	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total		17.75		0	NR	4		5.04	55.56	
Starch	g									
Minerals:										
Calcium, Ca	_	146	5.810	10		1		41	457	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.10		10		1		0.03	0.31	
Magnesium, Mg	_	12	0.510	10		1		3	37	
Phosphorus, P	_	115 183		10 10		1 1		33 52	361 572	
Potassium, KSodium, Na	-	183 95		10		1		52 27	572 299	
Zinc, Zn	-	0.39		10		1		0.11	1.22	
Copper, Cu		0.051	0.013	0		1		0.014	0.160	
Manganese, Mn		0.031		0		1		0.004	0.044	
Selenium. Se		2.3		0	BFPN	4		0.7	7.2	
,		2.0		·	22211	-		•••	,,-	
Vitamins:	ma	0.0		0		1		0.0	0.0	
Vitamin C, total ascorbic acid	-	0.030		1		1		0.009	0.094	
ThiaminRiboflavin		0.030		1		1		0.009	0.094	
Niacin	_	0.146		1		1		0.033	0.457	
Pantothenic acid	_	0.368		0		4		0.105	1.152	
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.042		1		1		0.012	0.131	
Folate, total	_	7		1		1		2	21	
Folic acid		0		0	z	7		0	0	
Folate, food		7		1	4	1		2	21	
Folate, DFE		7		0	NC	4		2	21	
Choline, total		14.3		0	Т	4		4.1	44.7	
Betaine	_			·	_	-			***,	
Vitamin B-12	_	0.52		1		1		0.15	1.63	
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	
Vitamin A, RAE		25		0	NC	4		7	80	
Retinol		25		0	NC	4		7	78	
Carotene, beta		5		0	BFFN	4		1	15	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		91		0	NC	4		26	286	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.05		0	BFFN	4		0.02	0.17	
Vitamin E, added	_	0.00		0	z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha	mg									
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	1.2		0	AS	1		0.3	3.7	
Vitamin D	<u>IU</u>	48		0	BFFN	4		14	149	
Vitamin K (phylloquinone)	µg	0.2		0	BFFN	4		0.1	0.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

Nutrients and Units		<u> </u>	mount	in 100 grams	of edible po	Amount in edible portion of common			
Nutrients and Units				Number					
Tays sets, total submeted.	Nutrients and Units	Mean	Std. I	of Data					_
Tays sets, total submeted.									
6:1. 9 0.098 0 1 0.028 0.307 6:1. 9 0.082 0.307 6:1. 9 0.082 0.307 6:1. 9 0.082 0 1 0.016 1.016	Lipids:								
60.	•								
Second Graph County Co									
100.				-	-				
130		-		0	1				
14-0.		=	.085	0	1		0.024	0.266	
150		=	305	0	1		0 087	0.955	
16.0		=	. 303	ŭ	-		0.007	0.933	
18.0		=	.797	0	1		0.226	2.495	
100		•	265	•	_				
24.0.		.0	. 367	Ü	1		0.104	1.149	
Fathy acids, total monousmated. 9 0.875 0 1 0.249 2.739		•							
14-1									
15		•	.875	0	1		0.249	2.739	
10-1 undifferentiated.									
Bit undifferentiated		•	.068	0	1		0.019	0.213	
20-1		-			_				
22-1 undifferentiated		-							
241 c.		-		-					
18/2 undifferentiated									
Risk									
18:4				-	-				
202 n G C C									
20-4 undifferentiated. g 0.000 0 1 0.000 0.000									
20.5 n.3 (EPA)				•	_				
21:5.									
22.5 n-3 (DPA)				ŭ	-		0.000	0.000	
Part seids, total trans. 9	22:4	-							
Patty acids, total trans	` '	.0							
Cholesterol		•	.000	U	1		0.000	0.000	
Tryptophan				0	1		3	37	
Tryptophan	Phytosterols	.mg							
Threonine 9 0.174 0 1 0.049 0.545 Isoleucine 9 0.234 0 1 0.066 0.732 Leucine 9 0.378 0 1 0.107 1.183 Lysine 9 0.306 0 1 0.087 0.958 Methionine 9 0.097 0 1 0.028 0.304 Cystine 9 0.036 0 1 0.010 0.113 Phenylalanine 9 0.186 0 1 0.053 0.582 Tyrosine 9 0.186 0 1 0.053 0.582 Valine 9 0.186 0 1 0.053 0.582 Valine 9 0.126 0 1 0.073 0.808 Arginine 9 0.140 0 1 0.030 0.329 Allanine 9 0.133 0 1 0.030 0.19	Amino Acids:								
Soleucine	** *	.0							
Leucine 9 0.378 0 1 0.107 1.183 Lysine 9 0.306 0 1 0.087 0.958 Methionine 9 0.097 0 1 0.028 0.304 Cystine 9 0.036 0 1 0.028 0.304 Cystine 9 0.186 0 1 0.053 0.582 Phenylalanine 9 0.186 0 1 0.053 0.582 Tyrosine 9 0.186 0 1 0.053 0.582 Valine 9 0.186 0 1 0.053 0.582 Valine 9 0.186 0 1 0.073 0.808 Arginine 9 0.140 0 1 0.040 0.438 Histidine 9 0.105 0 1 0.030 0.329 Alanine 9 0.133 0 1 0.038 0.416 Aspartic acid 9 0.808 0 1 0.083 0.917		.0							
Lysine 9 0.306 0 1 0.087 0.958 Methionine 9 0.097 0 1 0.028 0.304 Cystine 9 0.036 0 1 0.010 0.113 Phenylalanine 9 0.186 0 1 0.053 0.582 Tyrosine 9 0.186 0 1 0.053 0.582 Valine 9 0.186 0 1 0.053 0.582 Valine 9 0.186 0 1 0.073 0.808 Arginine 9 0.140 0 1 0.040 0.438 Histidine 9 0.105 0 1 0.030 0.329 Alanine 9 0.133 0 1 0.038 0.416 Aspartic acid 9 0.293 0 1 0.083 0.917 Glycine 9 0.808 0 1 0.023 0.257 Proline 9 0.374 0 1 0.060 0.657		.0							
Cystine 9 0.036 0 1 0.010 0.113 Phenylalanine 9 0.186 0 1 0.053 0.582 Tyrosine 9 0.186 0 1 0.053 0.582 Valine 9 0.258 0 1 0.073 0.808 Arginine 9 0.140 0 1 0.040 0.438 Histidine 9 0.105 0 1 0.030 0.329 Alanine 9 0.133 0 1 0.038 0.416 Aspartic acid 9 0.293 0 1 0.038 0.917 Glutamic acid 9 0.808 0 1 0.023 0.257 Proline 9 0.082 0 1 0.023 0.257 Proline 9 0.374 0 1 0.060 0.657 Hydroxyproline 9 0.210 0 1 0.060 0.657 Alcohol, ethyl 9 0.0 0 7 0.0		•							
Phenylalanine g 0.186 0 1 0.053 0.582 Tyrosine g 0.186 0 1 0.053 0.582 Valine g 0.258 0 1 0.073 0.808 Arginine g 0.140 0 1 0.040 0.438 Histidine g 0.105 0 1 0.030 0.329 Alanine g 0.133 0 1 0.038 0.416 Aspartic acid g 0.293 0 1 0.083 0.917 Glutamic acid g 0.808 0 1 0.023 0.257 Proline g 0.082 0 1 0.023 0.257 Proline g 0.374 0 1 0.106 1.171 Serine g 0.210 0 1 0.060 0.657 Hydroxyproline g 0.00 0 7 0.0 0	Methionine							0.304	
Tyrosine 9 0.186 0 1 0.053 0.582 Valine 9 0.258 0 1 0.073 0.808 Arginine 9 0.140 0 1 0.040 0.438 Histidine 9 0.105 0 1 0.030 0.329 Alanine 9 0.133 0 1 0.038 0.416 Aspartic acid 9 0.293 0 1 0.083 0.917 Glutamic acid 9 0.808 0 1 0.083 0.917 Glycine 9 0.082 0 1 0.023 0.257 Proline 9 0.374 0 1 0.106 1.171 Serine 9 0.210 0 1 0.060 0.657 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0	•	•		-					
Valine g 0.258 0 1 0.073 0.808 Arginine g 0.140 0 1 0.040 0.438 Histidine g 0.105 0 1 0.030 0.329 Alanine g 0.133 0 1 0.038 0.416 Aspartic acid g 0.293 0 1 0.083 0.917 Glutamic acid g 0.808 0 1 0.229 2.529 Glycine g 0.082 0 1 0.023 0.257 Proline g 0.374 0 1 0.106 1.171 Serine g 0.210 0 1 0.060 0.657 Hydroxyproline g Alcohol, ethyl g 0.0 0 7 0.0 0.0	-	.0							
Histidine	•	•							
Alanine g 0.133 0 1 0.038 0.416 Aspartic acid g 0.293 0 1 0.083 0.917 Glutamic acid g 0.808 0 1 0.229 2.529 Glycine g 0.082 0 1 0.023 0.257 Proline g 0.374 0 1 0.106 1.171 Serine g 0.210 0 1 0.060 0.657 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0	Arginine	•							
Aspartic acid. 9 0.293 0 1 0.083 0.917 Glutamic acid. 9 0.808 0 1 0.229 2.529 Glycine. 9 0.082 0 1 0.023 0.257 Proline. 9 0.374 0 1 0.106 1.171 Serine. 9 0.210 0 1 0.060 0.657 Hydroxyproline. 9 Cothers: Alcohol, ethyl. 9 0.00 0 7 0.00 0.00		•							
Glutamic acid		•							
Glycine 9 0.082 0 1 0.023 0.257 Proline 9 0.374 0 1 0.106 1.171 Serine 9 0.210 0 1 0.060 0.657 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0	•	•							
Serine									
Hydroxyprolineg Others: Alcohol, ethyl		•							
Others: Alcohol, ethyl		•	. 410	U	1		0.060	0.657	
Alcohol, ethylg 0.0 0 7 0.0 0.0		- -							
, . , . ,		.q 0	. 0	0	7		0.0	0.0	
		•							

NDB No. 01111 Milk shakes, thick vanilla

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.4g: 1 fl oz

Measure 2 = 313g: 1 container (11 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am</u>	ount in 100	grams	of edi	ble portion	<u>.</u>		dible portion	
			ı	Number				<u>m</u>	easures of fo	od
				of Data	Deriv	Source Co	onfidence			
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.1	8	0		1		215.16	860.64	
Energy	kcal	61		0	NC	4		150	600	
Energy	kJ	257				4		627	2510	
Protein (N x 6.29)	g	1.7	5	0		1		4.27	17.08	
Total lipid (fat)	g	3.4	1	0		1		8.32	33.28	
Ash	g	0.5	0	0		1		1.22	4.88	
Carbohydrate, by difference	g	6.1	6	0	NC	4		15.03	60.12	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	<u>mg</u>	33		0		1		79	317	
Iron, Fe	_	0.3	9	0		1		0.95	3.81	
Magnesium, Mg		6		0		1		16	62	
Phosphorus, P	mg	74		0		1		181	724	
Potassium, K	mg	114		0		1		279	1116	
Sodium, Na	mg	78		0		1		191	764	
Zinc, Zn	mg	1.1	8	0		1		2.88	11.52	
Copper, Cu	mg	0.0	51	0		1		0.124	0.498	
Manganese, Mn	mg	0.0	97	0		1		0.237	0.947	
Selenium, Se	µg	1.9		0	BFNN	4		4.6	18.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.0	12	0		1		0.029	0.117	
Riboflavin	mg	0.0	88	0		1		0.215	0.859	
Niacin	mg	0.0	00	0		1		0.000	0.000	
Pantothenic acid	mg	0.0	00	0		1		0.000	0.000	
Vitamin B-6	mg	0.0	00	0		1		0.000	0.000	
Folate, total	µg	0		0		1		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		1		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.0	0	0		1		0.00	0.00	
Vitamin A, RAE	µg	0		0		1		0	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u></u> JU	0		0		1		0	0	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

		Amount in	100 grams	Amount in edible portion of common				
			Nium bar				easures of foo	
			Number	Danis, Cassac Ca		<u></u>	0404100 01100	<u>. u</u>
Nutrients and Units	Mea	n Std. Fri		Deriv Source Co Code Code	Code	Measure 1	Measure 2	Measure 3
	Wea	n ota. 🗀	01			weasure i	Measure 2	weasure 5
Fatty acids, total saturated	g	3.037	0	1		7.410	29.641	
4:0	g	0.000	0	4		0.000	0.000	
6:0	•	0.000	0	4		0.000	0.000	
8:0	•	0.192	2	1		0.468	1.874	
10:0	•	0.176	2	1		0.429	1.718	
12:0	-	1.421	2	1		3.467	13.869	
13:0	•							
14:0	-	0.592	2	1		1.444	5.778	
15:0	-		_	_				
16:0	.5	0.326	2	1		0.795	3.182	
17:0	-			_			2 245	
18:0	•	0.312	2	1		0.761	3.045	
20:0	•							
22:0 24:0	•							
Fatty acids, total monounsaturated	-	0.176	0	1		0.429	1.718	
14:1		· · · / · ·	· ·	±		0.423	1./10	
15:1	-							
16:1 undifferentiated	-	0.000	2	1		0.000	0.000	
17:1	-		_	_		0.000		
18:1 undifferentiated	-	0.176	2	1		0.429	1.718	
20:1								
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated		0.008	0	1		0.020	0.078	
18:2 undifferentiated		0.008	2	1		0.020	0.078	
18:3 undifferentiated		0.000	2	1		0.000	0.000	
18:4	g							
20:2 n-6 c,c	g							
20:3 undifferentiated	.g							
20:4 undifferentiated	.g	0.000	0	4		0.000	0.000	
20:5 n-3 (EPA)	.g							
21:5	g							
22:4	-							
22:5 n-3 (DPA)	-							
22:6 n-3 (DHA)								
Fatty acids, total trans		•	•			_	_	
Cholesterol	-	0	0	1		0	2	
Phytosterols	.mg	3	0	4		7	29	
Amino Acids:								
Tryptophan	.g	0.024	0	1		0.059	0.234	
Threonine		0.074	0	1		0.181	0.722	
Isoleucine		0.107	0	1		0.261	1.044	
Leucine	.g	0.173	0	1		0.422	1.688	
Lysine	.g	0.141	0	1		0.344	1.376	
Methionine	.g	0.053	0	1		0.129	0.517	
Cystine	g	0.008	0	1		0.020	0.078	
Phenylalanine	.g	0.094	0	1		0.229	0.917	
Tyrosine	g	0.100	0	1		0.244	0.976	
Valine	.0	0.125	0	1		0.305	1.220	
Arginine	g	0.069	0	1		0.168	0.673	
Histidine	.g	0.052	0	1		0.127	0.508	
Alanine	•	0.055	0	1		0.134	0.537	
Aspartic acid	•	0.124	0	1		0.303	1.210	
Glutamic acid	•	0.398	0	1		0.971	3.884	
Glycine	.0	0.035	0	1		0.085	0.342	
Proline	•	0.197	0	1		0.481	1.923	
Serine	•	0.108	0	1		0.264	1.054	
Hydroxyproline	.g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01076 Milk substitutes, fluid, with lauric acid oil

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amc	ount in 100 gra	aiiiS C	or eall	ne portion		Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of fo	<u>od</u>		
					Deriv	Source Confiden	ce				
Nutrients and Unit		Mean S	Std. Error Poi			Code Code		Mossure 2	Mossura		
Nutrients and Onn	18	Mean 3	sta. Error 101		ooue	oode oode	Measure 1	Measure 2	Measure		
Proximates:											
Water	g	2.97	0.038	170		1	0.89	3.56	0.19		
Energy	-	387		0	NC	4	116	464	25		
Energy		1619		0	NC	4	486	1943	105		
Protein (N x 6.38)		34.30	0.333	3		1	10.29	41.16	2.23		
Total lipid (fat)		5.78	0.077	163		1	1.73	6.94	0.38		
Ash		7.95		2		1	2.39	9.54	0.52		
Carbohydrate, by difference		49.00		0	NC	4	14.70	58.80	3.19		
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0		
Sugars, total		49.00		0	NR	4	14.70	58.80	3.19		
Starch		25000		·	-11-1	-		30.00	3125		
Starch	9										
Minerals:											
Calcium, Ca	<u>mg</u>	1184		0		1	355	1421	77		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.30		0		1	0.09	0.36	0.02		
Magnesium, Mg	mg	110		0		1	33	131	7		
Phosphorus, P	mg	933		0		1	280	1119	61		
Potassium, K	mg	1592	5.486	340		1	478	1910	103		
Sodium, Na	-	517		0		1	155	621	34		
Zinc, Zn	mg	4.02		0		1	1.21	4.82	0.26		
Copper, Cu	mg	0.111	L	0		1	0.033	0.133	0.00		
Manganese, Mn	mg	0.023	3	0		1	0.007	0.028	0.00		
Selenium, Se	µg	20.3		0	BFNN	4	6.1	24.4	1.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	5.7		0		1	1.7	6.8	0.4		
Thiamin	-	0.392)	0		1	0.118	0.470	0.02		
Riboflavin	-	1.579		0		1	0.474	1.895	0.10		
Niacin	-	0.876		0		1	0.263	1.051	0.05		
Pantothenic acid	-	3.170		3		1	0.951	3.804	0.20		
Vitamin B-6	-	0.338		0		1	0.101	0.406	0.02		
	-	47	,	0		1	14	57	3		
Folic acid		0		0	z	7	0	0	0		
		47		0	4	1	14	57	3		
Folate, food		47		0	NC	4	14	5 <i>7</i>	3		
Folate, DFE		118.7		0	BFSN	4	35.6		_		
Choline, total	-	110.7		U	BFSN	4	35.6	142.5	7.7		
Betaine		2 02		0		1	1 15	4 50	0.05		
Vitamin B-12		3.82 0.00		0	-	1 7	1.15 0.00	4.59	0.25		
Vitamin B-12, added		49		-	z NC	4		0.00	0.00		
Vitamin A, RAE		49		0	NC T	4	15 14	59	3		
Retinol	· -			0				58	3		
Carotene, beta		9		0	BFFN	4	3	11	1		
Carotene, alpha		0		0	Z	7	0	0	0		
Cryptoxanthin, beta		0		0	Z	7	0	0	0		
Vitamin A, IU		175		0	NC	4	53	210	11		
Lycopene		0		0	Z	7	0	0	0		
Lutein + zeaxanthin		0		0	Z	7	0	0	0		
Vitamin E (alpha-tocopherol)		0.10		0	BFFN	4	0.03	0.12	0.01		
Vitamin E, added	-	0.00		0	Z	7	0.00	0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta					_	_					
Vitamin D (D2 + D3)		0.5		0	AS	1	0.1	0.6	0.0		
Vitamin D		20		0	BFSN	4	6	24	1		
		^ 4		0	BFFN	4	0.1	0.5	0.0		
Vitamin K (phylloquinone)	µg	0.4		U	DFFN	-	0.1	0.5	0.0		

	<u> </u>	mount i	in 100 grams	of edik	ole portion	<u>1</u>	Amount in edible portion of common			
			Number					easures of foo		
					Source C	onfidence	_			
Nutrients and Units	Mean	Std. E	Fror Points		Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:										
Fatty acids, total saturated	g 3	.598	0		1		1.079	4.318	0.234	
4:0	•	.187	0		1		0.056	0.224	0.012	
6:0		.111	0		1 1		0.033	0.133	0.007	
8:0 10:0	0	.065 .145	0		1		0.020 0.044	0.078 0.174	0.004	
12:0		162	0		1		0.049	0.174	0.011	
13:0	-		· ·		_		0.015	01251	***************************************	
14:0	-	.581	0		1		0.174	0.697	0.038	
15:0	g									
16:0	5	.520	0		1		0.456	1.824	0.099	
17:0	-		_		_					
18:0 20:0	0	.700	0		1		0.210	0.840	0.046	
22:0	-									
24:0										
Fatty acids, total monounsaturated		.669	0		1		0.501	2.003	0.108	
14:1	g									
15:1	-									
16:1 undifferentiated	-	.129	0		1		0.039	0.155	0.008	
17:1		.454	0		1		0.436	1.745	0.095	
20:1		.000	0		1		0.436	0.000	0.000	
22:1 undifferentiated	0	.000	0		1		0.000	0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated	g 0	215	0		1		0.065	0.258	0.014	
18:2 undifferentiated	g 0	.131	0		1		0.039	0.157	0.009	
18:3 undifferentiated		.084	0		1		0.025	0.101	0.005	
18:4	-	.000	0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	.000	0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		.000	0		1		0.000	0.000	0.000	
21:5	-									
22:4	g									
22:5 n-3 (DPA)	0	.000	0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	0	.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans			0		1		21	83	5	
Phytosterols	-		· ·				21	63	5	
•	9									
Amino Acids:	_		_		_					
Tryptophan	0	. 484 . 548	0		1 1		0.145 0.464	0.581	0.031	
Threonine Isoleucine	9	.075	0		1		0.484	1.858 2.490	0.101 0.135	
Leucine	0	360	0		1		1.008	4.032	0.218	
Lysine	0	720	0		1		0.816	3.264	0.177	
Methionine	g 0	860	0		1		0.258	1.032	0.056	
Cystine	g 0	.317	0		1		0.095	0.380	0.021	
Phenylalanine	5	656	0		1		0.497	1.987	0.108	
Tyrosine	0	.656	0		1		0.497	1.987	0.108	
Valine	0	. 296 . 242	0		1 1		0.689 0.373	2.755 1.490	0.149 0.081	
Arginine Histidine	5	.930	0		1		0.373	1.490	0.081	
Alanine		.183	0		1		0.355	1.420	0.077	
Aspartic acid	0	602	0		1		0.781	3.122	0.169	
Glutamic acid		.183	0		1		2.155	8.620	0.467	
Glycine		.726	0		1		0.218	0.871	0.047	
Proline	0	.322	0		1		0.997	3.986	0.216	
Serine		.866	0		1		0.560	2.239	0.121	
Hydroxyproline	y									
Others:										
Alcohol, ethyl	=	. 0	0		7		0.0	0.0	0.0	
Caffeine	mg 0		0	Z	7		0	0	0	

NDB No. 01094 Milk, buttermilk, dried

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .25 cup Measure 2 = 120g: 1 cup Measure 3 = 6.5g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amoi	unt in 100 gr	ams	ofedil	ole portion	Amount in edible portion of common			
			Nun	n be r	•		<u>m</u>	easures of foo	<u>od</u>	
			of	Data	Deriv	Source Confidence	•			
Nutrients and Uni	ts	Mean S	td. Error Po	ints	Code	Code Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	90.13	0.093	62		1	220.82	27.58	883.27	
Energy		40		0	NC	4	99	12	396	
Energy		169		0	NC	4	414	52	1656	
Protein (N x 6.38)		3.31	0.024	65		1	8.11	1.01	32.44	
Total lipid (fat)		0.88	0.174	19		1	2.16	0.27	8.62	
Ash	-	0.89	0.045	8		1	2.18	0.27	8.72	
Carbohydrate, by difference	-	4.79		0	NC	4	11.74	1.47	46.94	
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0	
Sugars, total		4.79		0	NR	4	11.74	1.47	46.94	
Starch										
	9									
Minerals:	ma	116	2 751	10		1	285	36	1141	
Calcium, Ca	•	116 0.05	2.751 0.011			1	285 0.12	36 0.02	1141 0.49	
Iron, Fe	-	0.05 11	0.011	9		1	0.12 27	0.02 3	107	
Phosphorus, P		89	4.732			1	219	27	874	
Potassium, K		151	6.264			1	371	46	1483	
Sodium, Na	-	190	0.204	0	0	4	466	58	1862	
Zinc, Zn	-	0.42	0.061		Ŭ	1	1.03	0.13	4.12	
Copper, Cu	-	0.011	0.002	0		1	0.027	0.003	0.108	
Manganese, Mn		0.002		0		1	0.005	0.001	0.020	
Selenium, Se		2.0	0.563	12	A	1	4.9	0.6	19.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0		0		1	2.4	0.3	9.6	
Thiamin	-	0.034		0		1	0.083	0.010	0.333	
Riboflavin	_	0.034	0.005	7		1	0.083	0.010	1.509	
Niacin	-	0.058	0.015	6		1	0.142	0.018	0.568	
Pantothenic acid	-	0.275	0.016	3		1	0.674	0.084	2.695	
Vitamin B-6	-	0.034	0.001	7		1	0.083	0.010	0.333	
Folate, total	-	5		0		4	12	2	49	
Folic acid		0		0	z	7	0	0	0	
Folate, food		5		0		4	12	2	49	
Folate, DFE		5		0	NC	4	12	2	49	
Choline, total		17.7		0	BFZN	4	43.3	5.4	173.0	
Betaine	-									
Vitamin B-12		0.22		2		1	0.54	0.07	2.15	
Vitamin B-12, added	µg	0.00		0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE	µg	14		0	NC	4	33	4	133	
Retinol	µg	13		0	BFZN	4	33	4	131	
Carotene, beta	µg	1		0	BFFN	4	3	0	14	
Carotene, alpha	µg	0		0	Z	7	0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7	0	0	0	
Vitamin A, IU	<u>I</u> U	47		0	NC	4	115	14	461	
Lycopene	µg	0		0	Z	7	0	0	0	
Lutein + zeaxanthin		0		0	Z	7	0	0	0	
Vitamin E (alpha-tocopherol)		0.05		1	A	1	0.12	0.02	0.49	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00	
Tocopherol, beta		0.02		1	A	1	0.05	0.01	0.20	
Tocopherol, gamma		0.03		1	A	1	0.07	0.01	0.29	
Tocopherol, delta		0.02		1	A	1	0.05	0.01	0.20	
Tocotrienol, alpha		0.00		1	A	1	0.00	0.00	0.00	
Tocotrienol, beta		0.00		1	A	1	0.00	0.00	0.00	
Tocotrienol, gamma		0.00		1	A	1	0.00	0.00	0.00	
Tocotrienol, delta		0.00		1	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3)		0.0		0	AS	1	0.0	0.0	0.2	
Vitamin D2 (ergocalciferol)		0.0		0	BFZN	4	0.0	0.0	0.2	
Vitamin D2 (-1-1- 1 'C 1'					BENN	→	U . U	0.0	0.2	
Vitamin D3 (cholecalciferol) Vitamin D		1		0	BFZN	4	2	0	7	

	<u>An</u>	ount	in 100 g	ıram s	of edil	Amount in edible portion of common			
			Nu	mber				easures of foo	
						Source Confidence	<u> </u>		
Nutrients and Units	Mean	Std.	Error P			Code Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone									
Lipids:									
Fatty acids, total saturatedg	0.5	48		0		1	1.343	0.168	5.370
4:0g	0.0	29		0		1	0.071	0.009	0.284
6:0g	0.0	17		0		1	0.042	0.005	0.167
8:0g				0		1	0.025	0.003	0.098
10:0g				0		1	0.054	0.007	0.216
12:0g		25		0		1	0.061	0.008	0.245
13:0g 14:0g		20		0		1	0.218	0.027	0.872
15:0g		09		U		-	0.216	0.027	0.672
16:0		31		0		1	0.566	0.071	2.264
17:0g									
18:0g		07		0		1	0.262	0.033	1.049
20:0g									
22:0g									
24:0g						_			
Fatty acids, total monounsaturatedg		54		0		1	0.622	0.078	2.489
14:1g									
15:1		20		0		1	0.049	0.006	0.196
17:1g				·		-	0.015	0.000	0.130
18:1 undifferentiated		21		0		1	0.541	0.068	2.166
20:1g		00		0		1	0.000	0.000	0.000
22:1 undifferentiated	0.0	00		0		1	0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturatedg				0		1	0.081	0.010	0.323
18:2 undifferentiatedg				0		1	0.049	0.006	0.196
18:3 undifferentiated				0		1	0.032	0.004	0.127
18:4g 20:2 n-6 c,cg		00		0		1	0.000	0.000	0.000
20:2 II-6 c,c									
20:4 undifferentiated		00		0		1	0.000	0.000	0.000
20:5 n-3 (EPA)g		00		0		1	0.000	0.000	0.000
21:5g									
22:4g									
22:5 n-3 (DPA)g				0		1	0.000	0.000	0.000
22:6 n-3 (DHA)g		00		0		1	0.000	0.000	0.000
Fatty acids, total trans			0 005				•		24
Cholesterolm Phytosterolsm			0.935) 4		1	9	1	34
•	19								
Amino Acids:									
Tryptophang				0	NR	4	0.104	0.013	0.415
Threonine				0	NR	4	0.345	0.043	1.382
Isoleucine				0	NR NR	4 4	0.420 0.768	0.052 0.096	1.678 3.070
Leucine				0	NR NR	4	0.678	0.095	2.713
Methionine				0	NR	4	0.212	0.003	0.849
Cystineg				0	NR	4	0.049	0.006	0.197
Phenylalanineg		71		0	NR	4	0.420	0.052	1.679
Tyrosineg		67		0	NR	4	0.410	0.051	1.639
Valineg				0	NR	4	0.531	0.066	2.123
Arginineg				0	NR	4	0.232	0.029	0.926
Histidineg				0	NR	4	0.244	0.031	0.977
Alanine				0	NR	4	0.274	0.034	1.096
Aspartic acid				0	NR NR	4 4	0.694 1.822	0.087 0.228	2.775 7.286
Glutamic acid				0	NR NR	4	0.161	0.228	0.642
Proline				0	NR	4	0.800	0.100	3.200
Serine				0	NR	4	0.489	0.061	1.955
Hydroxyprolineg									

		Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Er	of Data ror Points		Source Confidence Code Code	ce Measure 1	Measure 2	Measure 3
Others:	0.0	0		7	0.0	0.0	
Alcohol, ethyl	0	0	Z Z	7 7 7	0	0.0 0	0.0 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount	in 100 grams	oi eaii	ne portion	<u>.</u>	Amount in e	dible portion	of common
			Number				m	easures of fo	od_
					Source Co	onfidence			
Nutrients and Un	ito	Mean Std.	Error Points			Code	Measure 1	Measure 2	Magaura
Nutrients and on	แร	Mean Std.		Jouc	Oouc	Oout	weasure i	weasure 2	Measure (
Proximates:									
Water	g	87.70	0		4		214.87	26.84	
Energy	kcal	56	0	NC	4		136	17	
Energy	kJ	233	0	NC	4		571	71	
Protein	g	4.10	0		8		10.05	1.25	
Total lipid (fat)	g	2.00	0		8		4.90	0.61	
Ash	g	0.90	0	NR	4		2.21	0.28	
Carbohydrate, by difference	g	5.30	0		8		12.99	1.62	
Fiber, total dietary	g	0.0	0		7		0.0	0.0	
Sugars, total	g	5.30	0	NR	4		12.99	1.62	
Starch	g								
Minorals									
Minerals: Calcium, Ca	ma	143	0		8		350	44	
,	• • • • • • • • • • • • • • • • • • • •	0.06	0		8 4		0.15	0.02	
Iron, Fe		13	0		8		32	0.02 4	
Phosphorus, P		82	0		8		201	25	
Potassium, K		180	0		4		441	55	
Sodium, Na	-	105	0	BFZN	4		257	32	
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	0.24	0		8		0.59	0.07	
Copper, Cu		0.008	0		4		0.020	0.002	
Manganese, Mn									
Selenium, Se		2.3	0	BFNN	4		5.6	0.7	
X7:4									
<u>Vitamins:</u>	ma	1.5	0		8		3.7	0.5	
Vitamin C, total ascorbic acid Thiamin	-	0.050	0		8		0.123	0.015	
Riboflavin		0.030	0		8		0.123	0.015	
Niacin	-	0.100	0		4		0.245	0.031	
Pantothenic acid	-	0.100	· ·		-		0.245	0.031	
Vitamin B-6	-	0.030	0		8		0.074	0.009	
Folate, total	-	6	0		4		15	2	
Folic acid		0	0	z	7		0	0	
Folate, food		6	0		4		15	2	
Folate, DFE		6	0	NC	4		15	2	
Choline, total		16.0	0	т	4		39.2	4.9	
Betaine									
Vitamin B-12	µg	0.37	0		8		0.91	0.11	
Vitamin B-12, added	µg	0.00	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	16	0	NC	4		40	5	
Retinol	µg	16	0	BFFN	4		39	5	
Carotene, beta	µg	3	0	BFFN	4		8	1	
Carotene, alpha	µg	0	0	Z	7		0	0	
Cryptoxanthin, beta	µg	0	0	Z	7		0	0	
Vitamin A, IU	IU	58	0	NC	4		143	18	
Lycopene		0	0	Z	7		0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.11	0	BFFN	4		0.28	0.03	
Vitamin E, added	-	0.00	0	Z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma	-								
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta Vitamin D (D2 + D3)		0.0	0	AS	1		0.1	0.0	
Vitamin D (D2 + D3)		1	0	AS BFFN	4		4	0.0	
Vitamin D Vitamin K (phylloquinone)		0.1	0	BFFN	4		0.3	0.0	
Dihydrophylloquinone		V.1	3	PERM	-		0.5	0.0	
Menaquinone-4									

	-						dible portion			
				Number				<u>m</u>	easures of foc	<u>od</u>
							Confidence			
Nutrients and Units	Mean	Std.	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturatedg	1.2	42		0		4		3.043	0.380	
4:0g	0.0			0		4		0.149	0.019	
6:0g	0.0	40		0		4		0.098	0.012	
8:0g	0.0	20		0		4		0.049	0.006	
10:0g	0.0			0		4		0.125	0.016	
12:0g	0.0	61		0		4		0.149	0.019	
13:0g 14:0g	0.2	02		0		4		0.495	0.062	
15:0g	0.2	.02		Ū		-		0.493	0.002	
16:0g	0.5	25		0		4		1.286	0.161	
17:0g										
18:0g	0.2	242		0		4		0.593	0.074	
20:0g										
22:0g										
24:0g Fatty acids, total monounsaturatedg	0.5	76		0		4		1.411	0.176	
14:1g	0	70		U		-		1.411	0.176	
15:1g										
16:1 undifferentiatedg	0.0	40		0		4		0.098	0.012	
17:1g										
18:1 undifferentiatedg	0.5			0		4		1.237	0.155	
20:1g	0.0			0		4		0.000	0.000	
22:1 undifferentiatedg	0.0	000		0		4		0.000	0.000	
24:1 cg Fatty acids, total polyunsaturatedg	0.0	171		0		4		0.174	0.022	
18:2 undifferentiatedg	0.0			0		4		0.098	0.022	
18:3 undifferentiated	0.0			0		4		0.074	0.009	
18:4g	0.0	00		0		4		0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.0			0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	100		0		4		0.000	0.000	
21:5g 22:4g										
22:5 n-3 (DPA)	0.0	000		0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0			0		4		0.000	0.000	
Fatty acids, total transg										
Cholesterolmg	8			0		4		20	2	
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.0	52		0	NR	4		0.128	0.016	
Threonineg	0.1			0	NR	4		0.428	0.053	
Isoleucineg	0.2			0	NR	4		0.520	0.065	
Leucineg	0.3			0	NR	4		0.951	0.119	
Lysine	0.3 0.1			0	NR NR	4 4		0.840 0.263	0.105 0.033	
Cystine	0.0			0	NR NR	4		0.263	0.033	
Phenylalanineg	0.2			0	NR	4		0.520	0.065	
Tyrosineg	0.2			0	NR	4		0.507	0.063	
Valineg	0.2	268		0	NR	4		0.658	0.082	
Arginineg	0.1			0	NR	4		0.287	0.036	
Histidineg	0.1			0	NR	4		0.303	0.038	
Alanineg	0.1			0	NR	4 4		0.339	0.042	
Aspartic acidg Glutamic acidg	0.3			0	NR NR	4		0.859 2.256	0.107 0.282	
Glycine	0.9			0	NR NR	4		0.199	0.282	
Prolineg	0.4			0	NR	4		0.991	0.124	
Serineg	0.2			0	NR	4		0.605	0.076	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0)		0		7		0.0	0.0	
Caffeinemg	0			0	z	7		0	0	

NDB No. 42189
Milk, buttermilk, fluid, cultured, reduced fat

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

0

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100	Amount in edible portion of common						
		Number						measures of food		
						v Source Confi	Confidence	_		
Nutrients and Un	ito	Mean St	d. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Weari St	u. 🗀 i oi					Weasure	Wedsure 2	weasure .
Proximates:										
Water	g	87.91		0	RA	4		215.39		
Energy	kcal	62		0	RA	4		152		
Energy	kJ	260		0	RA	4		637		
Protein	g	3.21		0	RA	4		7.87		
Total lipid (fat)	g	3.31		0	RA	4		8.11		
Ash	g	0.68		0	RA	4		1.68		
Carbohydrate, by difference	g	4.88		0	RA	4		11.97		
Fiber, total dietary	g	0.0		0	RA	4		0.0		
Sugars, total	g	4.88		0	NR	4		11.96		
Starch	g									
M:										
Minerals:				_						
Calcium, Ca	_	115		0	RA	4		281		
Iron, Fe		0.03 10		0	RA RA	4 4		0.08 25		
Magnesium, Mg	_	85		0	RA RA	4		209		
Phosphorus, P Potassium, K		135		0	RA RA	4		330		
Sodium, Na	_	105		0	BFZN	4		257		
Zinc, Zn	_	0.38		0	RA	4		0.93		
Copper, Cu	_	0.025		0	RA	4		0.062		
Manganese, Mn		0.004		0	RA	4		0.011		
Selenium, Se		3.7		0	RA	4		9.2		
•										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	RA	4		0.0		
Thiamin	_	0.047		0	RA	4		0.115		
Riboflavin	_	0.172		0	RA	4		0.420		
Niacin	_	0.090		0	RA	4		0.221		
Pantothenic acid	_	0.380		0	RA	4		0.930		
Vitamin B-6	_	0.036		0	RA	4		0.089		
Folate, total		5		0	RA	4		12		
Folic acid		0		0	RA	4		0		
Folate, food		5 5		0	RA NC	4 4		12		
Folate, DFE				0	NC RA	4		12		
Choline, total		14.6		U	RA	4		35.7		
Betaine		0.46		0		4		1.12		
Vitamin B-12 Vitamin B-12, added		0.46		0	RA RA	4		0.00		
Vitamin A, RAE		47		0	RA RA	4		115		
Retinol		46		0	RA RA	4		113		
Carotene, beta		7		0	RA	4		17		
Carotene, alpha		0		0	RA	4		0		
Cryptoxanthin, beta		0		0	RA	4		0		
Vitamin A, IU		165		0	RA	4		404		
Lycopene		0		0	RA	4		0		
Lutein + zeaxanthin		0		0	RA	4		0		
Vitamin E (alpha-tocopherol)		0.07		0	RA	4		0.18		
Vitamin E, added		0.00		0	RA	4		0.00		
Tocopherol, beta				=		=				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.3		0	RA	4		3.2		
Vitamin D		52		0	RA	4		127		
Vitamin K (phylloquinone)		0.3		0	RA	4		0.7		
Dihydrophylloquinone										
Menaquinone-4										

Amount in 100 grams of edible portion								Amount in edible portion of common			
	Number					measures of food					
					Source	Confidence					
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3		
Lipids:											
Fatty acids, total saturated	.g 1.	899	0	RA	4		4.652				
4:0	-	076	0	RA	4		0.186				
6:0 8:0	-	076 076	0	RA RA	4 4		0.186 0.186				
10:0	-	076	0	RA	4		0.186				
12:0	•	078	0	RA	4		0.191				
13:0		000	0	RA	4		0.000				
14:0		302	0	RA	4		0.740				
15:0 16:0	.0	000 844	0	RA RA	4 4		0.000 2.067				
17:0	.0	000	0	RA	4		0.000				
18:0		371	0	RA	4		0.910				
20:0	-	000	0	RA	4		0.000				
22:0		000	0	RA	4		0.000				
24:0 Fatty acids, total monounsaturated		000 827	0	RA RA	4 4		0.000 2.026				
14:1		000	0	RA	4		0.000				
15:1	.g										
16:1 undifferentiated	-	000	0	RA	4		0.000				
18:1 undifferentiated	-	827	0	RA	4		2.026				
20:1		000	0	RA	4		0.000				
22:1 undifferentiated		000	0	RA	4		0.000				
24:1 cFatty acids, total polyunsaturated		198	0	RA	4		0.485				
18:2 undifferentiated		122	0	RA	4		0.299				
18:3 undifferentiated	-	076	0	RA	4		0.186				
18:4		000	0	RA	4		0.000				
20:2 n-6 c,c											
20:3 undifferentiated 20:4 undifferentiated		000	0	RA	4		0.000				
20:5 n-3 (EPA)		000	0	RA	4		0.000				
21:5	.g										
22:4	-										
22:5 n-3 (DPA) 22:6 n-3 (DHA)		000	0	RA RA	4 4		0.000				
Fatty acids, total trans		000	v	I.A.	-		0.000				
Cholesterol			0	RA	4		26				
Phytosterols	.mg										
Amino Acids:											
Tryptophan		041	0	RA	4		0.101				
Threonine		137 166	0	RA RA	4 4		0.335 0.407				
Leucine		304	0	RA	4		0.745				
Lysine		269	0	RA	4		0.658				
Methionine		084	0	RA	4		0.206				
Cystine		020	0	RA	4		0.048				
Phenylalanine Tyrosine		166 162	0	RA RA	4 4		0.407 0.397				
Valine		210	0	RA	4		0.515				
Arginine		092	0	RA	4		0.225				
Histidine		097	0	RA	4		0.237				
Alanine		108	0	RA	4		0.266				
Aspartic acid		275 721	0	RA RA	4 4		0.673 1.767				
Glycine		064	0	RA	4		0.156				
Proline		317	0	RA	4		0.776				
Serine		193	0	RA	4		0.474				
Hydroxyproline	g										
Others:											
Alcohol, ethyl	.g 0.	0	0	RA	4		0.0				

NDB No. 01230 Milk, buttermilk, fluid, whole

	<u>Ar</u>	nount in 10	0 grams		Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Confid Code Co		Measure 2	Measure 3
Caffeinemg Theobrominemg	0		0	RA RA	4 4	0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Aillo	<u>unt in 100 ç</u>	ji aiii s	or eur	ble portio	<u>on</u>	Amount in edible portion of common			
			Nu	ım be i	r			<u>m</u>	easures of fo	<u>od</u>	
			O	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean S	td. Error P				Code	Measure 1	Measure 2	Measure	
Traction to and on								mousure i	mode are 2	ououro	
Proximates:											
Water	g	27.16	0.060	21		1		10.38	83.11		
Energy	kcal	321		0	NC	4		123	982		
Energy	kJ	1342		0	NC	4		513	4107		
Protein (N x 6.38)	g	7.91	0.110	5		1		3.02	24.20		
Total lipid (fat)	g	8.70	0.02	5 23		1		3.32	26.62		
Ash	g	1.83		2		1		0.70	5.60		
Carbohydrate, by difference	g	54.40		0	NC	4		20.78	166.46		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	54.40		0	NR	4		20.78	166.46		
Starch											
Minerals:											
Calcium, Ca	ma	284	6.76	7 3		1		108	868		
Iron, Fe	-	0.19	0.70	, 3		1		0.07	0.58		
Magnesium, Mg	-	26		1		1		10	78		
Phosphorus, P		253	17.27			1		97	775		
Potassium, K		371	20.00			1		142	1136		
Sodium, Na	-	127	4.71			1		49	389		
Zinc, Zn	-	0.94		0		1		0.36	2.88		
Copper, Cu	-	0.015		0		1		0.006	0.046		
Manganese, Mn		0.006		0		1		0.002	0.018		
Selenium, Se	µg	14.8		0	BFNN	4		5.7	45.3		
Vitamins:											
Vitamin C, total ascorbic acid	ma	2.6	0.560	10		1		1.0	8.0		
Thiamin	-	0.090	0.00			1		0.034	0.275		
Riboflavin	-	0.416	0.000			1		0.159	1.273		
Niacin	-	0.210	0.00	2		1		0.080	0.643		
Pantothenic acid	-	0.750		1		1		0.287	2.295		
Vitamin B-6	-	0.051	0.00			1		0.019	0.156		
Folate, total	-	11	0.000	0		1		4	34		
Folic acid		0		0	z	7		0	0		
Folate, food		11		0		1		4	34		
Folate, DFE		11		0	NC	4		4	34		
Choline, total		89.1		0	BFSN	4		34.0	272.7		
Betaine	-										
Vitamin B-12		0.44	0.082	2 4		1		0.17	1.36		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	74		0	NC	4		28	227		
Retinol		73		0	T	4		28	223		
Carotene, beta	µg	14		0	BFFN	4		5	43		
Carotene, alpha	µg	0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU	IU	267		0	NC	4		102	816		
Lycopene	µg	0		0	Z	7		0	0		
Lutein + zeaxanthin	µg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.16		0	BFFN	4		0.06	0.48		
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.2		0	AS	1		0.1	0.5		
Vitamin D		6		0	BFFN	4		2	20		
	IIO	0.6		0	BFFN	4		0.2	1.8		
Vitamin K (phylloquinone)	µ9			-							

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 5.486 0 1 2.096 16.787 4:0......g 0.282 1 1 0.108 0.863 6:0.....g 0.167 0.064 0.511 1 0.297 0.097 1 0.037 8:0.....g 10:0.....g 0.073 2 1 0.028 0.223 0.180 2 1 0.069 0.551 12:0.....g 13:0.....g 2 0.783 1 0.299 2.396 14:0.....g 2.396 1 0.915 16·0 a 7.332 17:0.....g 1.209 1 0.462 3.700 18:0.....g 20:0.....g 24:0.....g 2.427 0 1 0.927 7.427 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.137 1 0.052 0.419 17:1.....g 2 1 18:1 undifferentiated......g 2.188 0.836 6.695 20:1.....g 0.000 0 1 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.337 0 1 0.129 1.031 0.216 2 0.083 0.661 18:2 undifferentiated....... 1 0.121 1 1 0.046 0.370 18:3 undifferentiated......g 18:4.....g 0.000 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 1 20:5 n-3 (EPA).....g 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 0 1 13 104 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.112 0 0.043 0.343 1 0.136 Threonine.....g 0.357 0 1 1.092 Isoleucine.....g 0.479 0 1 0.183 1,466 Leucine.....g 0.775 0 1 0.296 2.372 0 Lysine.....g 0.627 1 0.240 1.919 Methionine.....g 0.198 0 1 0.076 0.606 Cystine.....g 0.073 0 1 0.028 0.223 0 Phenylalanine.....g 0.382 1 0.146 1.169 0.382 0 1 0.146 Tyrosine.....g 1,169 0 0.202 Valine.....g 0.529 1 1.619 0.286 0 1 0.109 Arginine.....g 0.875 Histidine.....g 0.214 0 1 0.082 0.655 0 1 0.104 Alanine.....g 0.273 0.835 Aspartic acid......g 0.600 0 1 0.229 1.836 1.656 0 1 0.633 5.067 Glutamic acid.....g 0.167 0 1 0.064 0.511 1 0.766 0 0.293 Proline.....g 2.344 1 0.164 1.316 Serine.....g 0.430 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 z Caffeine....mg

NDB No. 01095 Milk, canned, condensed, sweetened

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38.2g: 1 fl oz Measure 2 = 306g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amo	unt in 100	grams	ot edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			N	lum be	r			<u>m</u>	easures of fo	<u>od</u>
						Source C	Confidence			
Nutrients and Uni	its	Mean S	td. Error			Code	Code	Measure 1	Measure 2	Measure
Nati lents and on		mean e						Wedsure 1	measure 2	Measure
Proximates:										
Water	g	79.40		2		1		25.33	203.26	101.63
Energy	kcal	78		0	NC	4		25	199	100
Energy	kJ	326		0	NC	4		104	835	417
Protein (N x 6.38)	g	7.55	0.0	96 10		1		2.41	19.33	9.66
Total lipid (fat)	g	0.20	0.0	18 10		1		0.06	0.51	0.26
Ash	g	1.50		1		1		0.48	3.84	1.92
Carbohydrate, by difference	g	11.35		0	NC	4		3.62	29.06	14.53
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	11.35		0	NR	4		3.62	29.06	14.53
Starch	g									
Minerals:										
Calcium, Ca	mg	290	14.0	84 10		1		92	741	371
Iron, Fe	_	0.29	0.0	57 9		1		0.09	0.74	0.37
Magnesium, Mg	mg	27		1		1		9	69	35
Phosphorus, P		195	9.9	46 9		1		62	499	249
Potassium, K	•	332		2		1		106	849	424
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	115		2		1		37	294	147
Zinc, Zn		0.90		0		1		0.29	2.30	1.15
Copper, Cu		0.016		0		1		0.005	0.041	0.02
Manganese, Mn		0.006		0		1		0.002	0.015	0.00
Selenium, Se	µg	2.5		0	BFNN	4		0.8	6.4	3.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.1	27 9		1		0.4	3.2	1.6
Thiamin	mg	0.045	0.0	04 10		1		0.014	0.115	0.05
Riboflavin	mg	0.309	0.0	15 10		1		0.099	0.791	0.39
Niacin	_	0.174	0.0			1		0.056	0.445	0.22
Pantothenic acid	mg	0.738		2		1		0.235	1.889	0.94
Vitamin B-6	mg	0.055		1		1		0.018	0.141	0.07
Folate, total		9		1		1		3	22	11
Folic acid		0		0	Z	7		0	0	0
Folate, food		9		1		1		3	22	11
Folate, DFE		9		0	NC	4		3	22	11
Choline, total	• • • • • • • • • • • • • • • • • • • •	25.2		0	BFSN	4		8.0	64.5	32.3
Betaine		0.04				-		0.00	0 61	0 21
Vitamin B-12		0.24 0.00		1 0	z	1 7		0.08	0.61	0.31
Vitamin B-12, added		118		0	NC	4		38	0.00 302	0.00 151
Vitamin A, RAE		118		0	T	4		38	302	151
Carotene, beta		0		0	BFFN	4		0	1	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		394		0	NC	4		126	1008	504
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	BFFN	4		0.00	0.01	0.00
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)		2.0		0	AS	1		0.6	5.1	2.5
Vitamin D		79		0	s	4		25	202	101
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.0	0.0	0.0
	µg									

	<u>A</u>	mou	nt in 100	grams	of edi	ble portion	Amount in e	edible portion o	of common
			N	lum be	-			easures of foo	
Nutrients and Units	Mean	Sto		of Data	Deriv	Source Confidence Code Code		Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated	•	121		0		1	0.039	0.310	0.155
4:0 6:0	•	005 004		1 1		1 1	0.002 0.001	0.013 0.010	0.006 0.005
8:0		001		2		1	0.000	0.010	0.003
10:0	-	003	0.0	01 11		1	0.001	0.008	0.004
12:0	=	004	0.0	01 12		1	0.001	0.010	0.005
13:0	=								
14:0	. •	019	0.0	02 12		1	0.006	0.049	0.024
15:0	=	054	0.00	05 12		1	0.017	0.138	0.069
16:0 17:0		034	0.00	05 12		_	0.017	0.136	0.003
18:0	•	024	0.0	02 12		1	0.008	0.061	0.031
20:0	.g								
22:0	-								
24:0	•					_			
Fatty acids, total monounsaturated	•	062		0		1	0.020	0.159	0.079
14:1									
16:1 undifferentiated	•	004	0.0	01 12		1	0.001	0.010	0.005
17:1	-								
18:1 undifferentiated	-	056	0.0	05 12		1	0.018	0.143	0.072
20:1	=	000		0		1	0.000	0.000	0.000
22:1 undifferentiated	=	000		0		1	0.000	0.000	0.000
24:1 cFatty acids, total polyunsaturated	=	006		0		1	0.002	0.015	0.008
18:2 undifferentiated		004	0.0	01 12		1	0.001	0.013	0.005
18:3 undifferentiated		002		2		1	0.001	0.005	0.003
18:4	.g 0.	000		0		1	0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated						_			
20:4 undifferentiated		000 000		0		1 1	0.000	0.000 0.000	0.000
20:5 n-3 (EPA) 21:5	•	000		U		1	0.000	0.000	0.000
22:4	=								
22:5 n-3 (DPA)	=	000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA)	.g 0.	000		0		1	0.000	0.000	0.000
Fatty acids, total trans									
Cholesterol				0		1	1	9	5
Phytosterols	ing								
Amino Acids:									
Tryptophan	•	107		0		1	0.034	0.274	0.137
Threonine Isoleucine		341 457		0		1 1	0.109 0.146	0.873 1.170	0.436 0.585
Leucine	=	740		0		1	0.236	1.894	0.947
Lysine	•	599		0		1	0.191	1.533	0.767
Methionine	-	189		0		1	0.060	0.484	0.242
Cystine	.g 0.	070		0		1	0.022	0.179	0.090
Phenylalanine	-	364		0		1	0.116	0.932	0.466
Tyrosine	•	364		0		1	0.116	0.932	0.466
Valine	•	505 273		0		1 1	0.161	1.293	0.646
Arginine Histidine	•	205		0		1	0.087 0.065	0.699 0.525	0.349 0.262
Alanine	•	260		0		1	0.083	0.666	0.333
Aspartic acid	•	573		0		1	0.183	1.467	0.733
Glutamic acid	.g 1.	581		0		1	0.504	4.047	2.024
Glycine		160		0		1	0.051	0.410	0.205
Proline		731		0		1	0.233	1.871	0.936
Serine	•	411		0		1	0.131	1.052	0.526
Hydroxyproline	· 9								
Others:	_	_		_		_		_	_
Alcohol, ethyl	=	υ		0	_	7	0.0	0.0	0.0
Caffeine	.mg 0			0	Z	7	0	0	0

NDB No. 01097

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D

	Amount in 100 grams of edible portion Number								
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.9g: 1 fl oz Measure 2 = 256g: 1 cup Measure 3 = 128g: .5 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Menaquinone-4.....µg

Lipids:

		<u>Am</u>	ount in 100	v gram s	s of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			1	Num be	r			<u>m</u>	easures of foo	od
			'			Source C	onfidence			
Nutrients and Un	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	74.04	1	0		1		23.32	93.29	
Energy	-	134	-	0	NC	4		42	169	
Energy		562		0	NC	4		177	708	
Protein (N x 6.38)		6.81	ı	0		1		2.15	8.58	
		7.56		0		1		2.38	9.53	
Total lipid (fat)		1.55		0		1		0.49	1.95	
Ash	-			0	wa	4				
Carbohydrate, by difference		10.04	ŧ		NC			3.16	12.65	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	-	261		0		1		82	329	
Iron, Fe	-	0.19		0		1		0.06	0.24	
Magnesium, Mg	-	24	0.7	716 6		1		8	30	
Phosphorus, P	-	203		0		1		64	255	
Potassium, K	-	303		0		1		95	382	
Sodium, Na	mg	106		0		1		33	133	
Zinc, Zn	-	0.77		27 26		1		0.24	0.97	
Copper, Cu		0.01		0		1		0.005	0.020	
Manganese, Mn	-	0.00		0		1		0.002	0.008	
Selenium, Se	µg	2.3	0.2	280 13	A	1		0.7	2.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		1		0.6	2.4	
Thiamin	mg	0.04	17	0		1		0.015	0.059	
Riboflavin	mg	0.31	L6	0		1		0.100	0.398	
Niacin	mg	0.19	94	0		1		0.061	0.244	
Pantothenic acid	mg	0.63	38 0.0	32 5		1		0.201	0.804	
Vitamin B-6	mg	0.05	50 0.0	002 21		1		0.016	0.063	
Folate, total	µg	8		1		1		2	10	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		8		1		1		2	10	
Folate, DFE		8		0	NC	4		2	10	
Choline, total										
Betaine	mg									
Vitamin B-12		0.16	0.0	015 9		1		0.05	0.21	
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		397		0		1		125	500	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone										
Managuinana 4	IIO									

		Amou	ınt in 100 gr	am s	Amount in edible portion of common					
			Nun	nber				m	easures of foo	d
						Source	Confidence			_
Nutrients and Units	Maa		d. Error Po				Code	Measure 1	Magazira 2	Magazira 2
Nutrients and Units	Mea	1 5	a. Error 10	IIII	Coue	Code	Code	weasure 1	Measure 2	Measure 3
Fatty acids, total saturated	5	.591		0		1		1.446	5.785	
4:0	· ·	.195		1		1		0.061	0.246	
6:0	· ·	.134		1		1		0.042	0.169	
8:0	•	.054		2		1		0.017	0.068	
10:0	•	.110	0.017			1		0.035	0.139	
12:0	-	.161	0.015	12		1		0.051	0.203	
13:0 14:0	•	.733	0.035	10		1		0.231	0.924	
15:0	=	. 733	0.033	12		_		0.231	0.924	
16:0	=	.027	0.060	12		1		0.639	2.554	
17:0	=		0.000	12		-		0.039	2.554	
18:0	=	.921	0.027	12		1		0.290	1.160	
20:0	•		00027			_		01250	20200	
22:0	=									
24:0	=									
Fatty acids, total monounsaturated	-	.335		0		1		0.736	2.942	
14:1										
15:1	g									
16:1 undifferentiated	g (.159	0.012	12		1		0.050	0.200	
17:1	g									
18:1 undifferentiated	.g	.101		0		1		0.662	2.647	
20:1	g									
22:1 undifferentiated	.g									
24:1 c	g									
Fatty acids, total polyunsaturated		.245		0		1		0.077	0.309	
18:2 undifferentiated	.0	.167		0		1		0.053	0.210	
18:3 undifferentiated		.078		2		1		0.025	0.098	
18:4	=									
20:2 n-6 c,c	=									
20:3 undifferentiated	=			•				0.000	0.000	
20:4 undifferentiated	.0	.000		0		4		0.000	0.000	
20:5 n-3 (EPA)	=									
22:4	-									
22:5 n-3 (DPA)	•									
22:6 n-3 (DHA)	=									
Fatty acids, total trans										
Cholesterol)		0		1		9	37	
Phytosterols	-									
A A										
Amino Acids:	a .			^		1		0.000	0 101	
Tryptophan	•	.096		0		1		0.030	0.121	
Threonine	•	.307		0		1 1		0.097	0.387	
Isoleucine	•	.667		0		1		0.130 0.210	0.519 0.840	
Leucine	.0	.540		0		1		0.210		
Lysine Methionine	•	.171		0		1		0.170	0.680 0.215	
Cystine	•	.063		0		1		0.020	0.213	
Phenylalanine	•	.329		0		1		0.104	0.415	
Tyrosine	•	.329		0		1		0.104	0.415	
Valine	3	.456		0		1		0.144	0.575	
Arginine	•	.247		0		1		0.078	0.311	
Histidine	•	.185		0		1		0.058	0.233	
Alanine	•	.235		0		1		0.074	0.296	
Aspartic acid	•	.517		0		1		0.163	0.651	
Glutamic acid	•	.426		0		1		0.449	1.797	
Glycine	•	.144		0		1		0.045	0.181	
Proline	•	.660		0		1		0.208	0.832	
Serine	=	.370		0		1		0.117	0.466	
Hydroxyproline	g									

NDB No. 01153 Milk, canned, evaporated, with added vitamin A

Common Measures:

Measure 1 = 31.5g: 1 fl oz Measure 2 = 126g: .5 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Proximates: Valer							ble portio	<u>n</u>		edible portion	
Proximates:									<u>m</u>	easures or too	<u>Ju</u>
Proximates:							Source C	Confidence			
Water	Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Water	Provimates:										
Energy		g	74.04	0.085	15		1		23.32	186.58	273.21
Energy			134		0	NC	4		42	339	496
Protein (N A G AS)			562		0	NC	4		177	1417	2075
Section Sect			6.81	0.033	55		1		2.15	17.16	25.13
Ash. 9 1.55 0.023 5 1 0.449 3.91 5. Carbalydrafts, by difference. 9 10.04 0 NC 4 3.16 25.30 37. Fiber, total dictury. 9 0.0 0 NR 4 0.0 0.0 0.0 0.0 Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 3.16 25.30 37. Surch. 9 10.04 0 NR 4 1 0.06 0.46 0 NR 9.62 1 0.06 0 NR 9.62 1 0	, ,	-	7.56	0.005	15		1		2.38	19.05	27.90
Carbohydran, by difference	• ' '		1.55	0.023	5		1		0.49	3.91	5.72
Fiber, total dictary			10.04		0	NC	4		3.16	25.30	37.05
Niger			0.0		0		4		0.0		0.0
Ninerals:			10.04		0	NR	4		3.16		37.05
Minerals:	•										
Calcium C.	Statem	9									
Iron, F. Mg 0.19 0.11 59 1 0.06 0.48 6 18 88 61 118 80 60 11 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.005 0.040 0.005 0.015 0.015 0.015 0.015 0.015 0.015 0.015 0.015 0.015 0.015 0.015 0.011	Minerals:										
Маделеции М. М.		-									962
Phosphorus P.											0.70
Potassiun K. mg 303 8.691 10 1 33 267 395	Magnesium, Mg	mg									89
Sodium Na	Phosphorus, P	<u>mg</u>									747
Zinc, Zin.											1118
Copper, Cu	,	-									
Manganese, Mn. mg 0.006 0 1 0.002 0.015 0 Sclenium, Sc. µg 2.3 0.280 13 A 1 0.77 5.8 6 Vitamins: Vitamins C. total ascorbic acid. mg 0.027 32 1 0.66 4.7 6 Riboflavin. mg 0.047 0.002 42 1 0.015 0.0118 0 Niacin. mg 0.316 0.006 41 1 0.100 0.796 1 Niacin. mg 0.638 0.32 5 1 0.016 0.126 0 2 1 1 0.016 0.126 0 2 2 20 22 2 20 22 2 20 22 2 2 20 22 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2											2.84
Selenium, Se. yg	• •										0.059
Vitamins: Vitamin C, total ascorbic acid. M9 1.9 0.217 32 1 0.6 4.7 6 Thiamin.						_					0.022
Vitamin C, total ascorbic acid	Selenium, Se	µg	2.3	0.280	13	A	1		0.7	5.8	8.5
Thiamin. Mg 0.047 0.002 42 1 0.015 0.118 0 Ribofavin. Mg 0.134 0.006 41 1 0.100 0.795 1 Niacin. Mg 0.134 0.013 6 1 0.061 0.489 0 Pantothenic acid. Mg 0.638 0.032 5 1 0.201 1.608 2 Piolac, food. Mg 8 1 1 2 20 29 Folate, food. Hg 8 1 1 1 2 20 29 Folate, food. Hg 8 1 1 1 2 20 29 Folate, food. Hg 8 1 1 1 2 20 22 20 28 Folate, food. Hg 8 1 0 NC 4 2 2 20 28 Folate, DFE. Hg 8	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	1.9	0.217	32		1		0.6	4.7	6.9
Niacin	Thiamin	mg	0.04	7 0.002	42		1		0.015	0.118	0.173
Pantothenic acid	Riboflavin	mg	0.31	6 0.006	41		1		0.100	0.796	1.166
Vitamin B-6. Mg 0.050 0.002 21 1 0.016 0.126 0 Folate, total. JQ 8 1 1 2 20 29 Folate, total. JQ 0 0 2 7 0 0 0 2 25 Folate, food. JQ 8 1 1 1 2 20 29 25 25 20 29 25 20 29 25 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 22 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20 20	Niacin	mg	0.19	4 0.010	36		1		0.061	0.489	0.716
Folate, total. µg 8 1 1 1 2 20 29 Folicacid. µg 0 0 Z 7 0 0 0 0 2 29 29 29 25 50 according to the control of t	Pantothenic acid	mg	0.63	8 0.032	5		1		0.201	1.608	2.354
Folic acid	Vitamin B-6	mg	0.05	0.002	21		1		0.016	0.126	0.185
Folate, food	Folate, total	µg	8		1		1		2	20	29
Folate, DFE	Folic acid	µg	0		0	Z	7		0	0	0
Choline, total	Folate, food	µg	8		1		1		2	20	29
Setaine	Folate, DFE	µg	8		0	NC	4		2	20	29
Vitamin B-12. µg 0.16 0.015 9 1 0.05 0.41 0 Vitamin B-12, added. µg 0.00 0 z 7 0.00 0.00 0 0 Vitamin A, RAE. µg 65 0 NC 4 20 164 24 Retinol. µg 64 0 NC 4 20 161 236 Carotene, beta. µg 12 0 BFFN 4 4 30 45 Carotene, alpha. µg 0 0 2 7 0 0 0 0 Carytoxanthin, beta. µg 0 0 Z 7 0	Choline, total	mg	31.8		0	BFSN	4		10.0	80.0	117.2
Vitamin B-12, added. µg 0.00 0 Z 7 0.00 0.00 0 0 C Vitamin A, RAE. µg 65 0 NC 4 20 164 24 24 Retinol. µg 64 0 NC 4 20 161 236 236 25 27 0 161 236 236 25 27 0 0 0 25 7 0	Betaine	mg									
Vitamin A, RAE. µg 65 0 NC 4 20 164 240 Retinol. µg 64 0 NC 4 20 161 236 Carotene, beta. µg 12 0 BFFN 4 4 30 45 Carotene, alpha. µg 0 0 Z 7 0 0 0 0 Cryptoxanthin, beta. µg 0 0 Z 7 0	Vitamin B-12	µg	0.16	0.015	9				0.05	0.41	0.60
Retinol µg 64 0 NC 4 20 161 236 Carotene, beta µg 12 0 BFFN 4 4 30 45 Carotene, alpha µg 0 0 Z 7 0 0 0 0 Cryptoxanthin, beta µg 0 0 Z 7 0 0 0 0 Vitamin A, IU µg 0 0 Z 7 0 0 0 0 Lycopene µg 0 0 Z 7 0 0 0 0 Lycopene µg 0 0 Z 7 0	Vitamin B-12, added	µg	0.00		0	Z			0.00	0.00	0.00
Carotene, beta. µg 12 0 BFFN 4 4 30 45 Carotene, alpha. µg 0 0 Z 7 0 0 0 0 Cryptoxanthin, beta. µg 0 0 Z 7 0 <t< td=""><td>Vitamin A, RAE</td><td>µg</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>240</td></t<>	Vitamin A, RAE	µg									240
Carotene, alpha	Retinol	µg			0	NC	4		20		236
Cryptoxanthin, beta											45
Vitamin A, IU. IU 233 0 NC 4 74 588 862 Lycopene. µg 0 0 Z 7 0 <									-		0
Lycopene					-				-		0
Lutein + zeaxanthin µg 0 0 z 7 0 0 0 Vitamin E (alpha-tocopherol) mg 0.04 0.14 0 BFFN 4 0.04 0.34 0 Vitamin E, added mg 0.00 0 z 7 0.00 0.00 0 Tocopherol, beta mg					-						862
Vitamin E (alpha-tocopherol) Mg 0.14 0 BFFN 4 0.04 0.34 0 Vitamin E, added mg 0.00 0 Z 7 0.00 0.00 0 Tocopherol, beta mg 0.00 0.00 0.00 0.00 0.00 Tocopherol, gamma mg 0.00 </td <td>J 1</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>0</td>	J 1								-		0
Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 0 Tocopherol, beta. mg 70 copherol, delta. mg 0.00 0.00 0.00 0.00 0 0.00 </td <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td>-</td> <td>-</td> <td>0</td>					-				-	-	0
Tocopherol, beta											0.50
Tocopherol, gamma			0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	• .										
Tocotrienol, gamma	•										
Tocotrienol, delta											
Vitamin D (D2 + D3)	. •										
Vitamin D			2.0		0	3.0	1		0.6	F ^	F 3
Vitamin K (phylloquinone)											7.3
					-						
DinytrophynoquinonePg	• • •		0.5		U	BFFN	*		0.2	1.3	1.9
Menaquinone-4											

	<u>Am o</u>	unt in 100 gra			edible portion of easures of foo			
Nutrients and Units	Mean S	of D Std. Error Poi			Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated			0		1	1.446	11.569	16.941
4:0	9		1		1	0.061	0.491	0.720
6:0	•		1 2		1 1	0.042 0.017	0.338 0.136	0.494 0.199
10:0					1	0.035	0.277	0.406
12:0	g 0.161	0.015	12		1	0.051	0.406	0.594
13:0	=							
14:0	=	0.035	12		1	0.231	1.847	2.705
16:0	=	0.060	12		1	0.639	5.108	7.480
17:0	-							
18:0		0.027	12		1	0.290	2.321	3.398
20:0	=							
24:0								
Fatty acids, total monounsaturated	•		0		1	0.736	5.884	8.616
14:1	g							
15:1		0.010	10			0.050	0 401	0 505
16:1 undifferentiated	•	0.012	12		1	0.050	0.401	0.587
18:1 undifferentiated		0.049	12		1	0.662	5.295	7.753
20:1	=		0		1	0.000	0.000	0.000
22:1 undifferentiated	-		0		1	0.000	0.000	0.000
24:1 c			•		1	0.055	0.615	0.004
Fatty acids, total polyunsaturated			0 12		1 1	0.077 0.053	0.617 0.421	0.904 0.616
18:3 undifferentiated	=		2		1	0.025	0.197	0.288
18:4	=		0		1	0.000	0.000	0.000
20:2 n-6 c,c								
20:3 undifferentiated			•					
20:4 undifferentiated			0		1 1	0.000	0.000	0.000 0.000
21:5	9		•		-	0.000	0.000	0.000
22:4	g							
22:5 n-3 (DPA)	-		0		1	0.000	0.000	0.000
22:6 n-3 (DHA)			0		1	0.000	0.000	0.000
Fatty acids, total trans			0		1	9	74	108
Phytosterols			•		-	-	, -	200
Amino Acids:								
Tryptophan	g 0.096		0		1	0.030	0.242	0.354
Threonine	•		0		1	0.097	0.774	1.133
Isoleucine	•		0		1	0.130	1.038	1.520
Leucine	=		0		1	0.210	1.681	2.461
Lysine Methionine			0		1 1	0.170 0.054	1.361 0.431	1.993 0.631
Cystine	•		0		1	0.034	0.431	0.232
Phenylalanine	•		0		1	0.104	0.829	1.214
Tyrosine	g 0.329		0		1	0.104	0.829	1.214
Valine			0		1	0.144	1.149	1.683
Arginine			0		1 1	0.078 0.058	0.622 0.466	0.911
Alanine	•		0		1	0.058	0.466	0.683 0.867
Aspartic acid	•		0		1	0.163	1.303	1.908
Glutamic acid	g 1.426		0		1	0.449	3.594	5.262
Glycine			0		1	0.045	0.363	0.531
Proline			0		1 1	0.208	1.663	2.435
Serine	=		U		±	0.117	0.932	1.365
	<u>-</u>							
Others: Alcohol, ethyl	g 0.0		0		7	0.0	0.0	0.0
Caffeine	•		0	z	7	0	0.0	0
	-							

NDB No. 01096

Milk, canned, evaporated, with added vitamin D and without added vitamin A

Amount in 100 grams of edible portion Number								Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3			
Theobrominemg	0		0	z	7		0	0	0			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31.5g: 1 fl oz Measure 2 = 252g: 1 cup

Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amo	unt in 100	grams	of edit	ole portio	<u>n</u>	Amount in e	dible portion	of common
			N	ım be	r			<u>m</u>	easures of fo	<u>od</u>
			c	f Data	Deriv	Source C	Confidence			
Nutrients and Un	its	Mean S	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.04	0.08	5 15		1		186.58	23.32	273.21
Energy	kcal	135		0	NC	4		341	43	500
Energy	kJ	567		0	NC	4		1428	179	2091
Protein	g	6.81	0.03	3 55		1		17.16	2.15	25.13
Total lipid (fat)	g	7.56	0.00	5 15		1		19.05	2.38	27.90
Ash	g	1.55	0.02	3 5		1		3.91	0.49	5.72
Carbohydrate, by difference	g	10.04		0	NC	4		25.30	3.16	37.05
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	10.04		0	BFZN	4		25.30	3.16	37.05
Starch										
	_									
Minerals:						_				4
Calcium, Ca	-	261	8.97			1		657	82	962
Iron, Fe	-	0.19	0.01			1		0.48	0.06	0.70
Magnesium, Mg		24	0.71	6 6 4 37		1 1		61 510	8	89 747
Phosphorus, P		203				1		510	64	
Potassium, K	•	303 106	3.36	1 10 1 10		1		764 267	95 33	1118 390
Sodium, Na	-	0.77		7 26		1		1.94	0.24	2.84
Zinc, Zn		0.016		/ 26 0		1		0.040	0.24	0.05
Copper, Cu		0.006		0		1		0.040	0.003	0.03
Manganese, Mn Selenium, Se		2.3		0 13	A	1		5.8	0.002	8.5
Selemum, Se	µ9	2.3	0.20	0 13	•	_		3.0	0.7	0.5
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	1.9	0.21			1		4.7	0.6	6.9
Thiamin	mg	0.047	0.00	2 42		1		0.118	0.015	0.17
Riboflavin	mg	0.316	0.00	6 41		1		0.796	0.100	1.16
Niacin	-	0.194	0.01			1		0.489	0.061	0.71
Pantothenic acid	mg	0.638				1		1.608	0.201	2.35
Vitamin B-6	mg	0.050	0.00	2 21		1		0.126	0.016	0.18
Folate, total	µg	8		1		1		20	2	29
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	8		1		1		20	2	29
Folate, DFE	µg	8		0	NC	4		20	2	29
Choline, total	g	31.3		0	BFSN	4		78.8	9.8	115.3
Betaine	mg									
Vitamin B-12	µg	0.16	0.01			1		0.41	0.05	0.60
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		65		0	NC	4		165	21	241
Retinol	µg	64		0	T	4		161	20	236
Carotene, beta		15		0	BFFN	4		39	5	57
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		239		0	NC	4		602	75	882
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.16		0	BFFN	4		0.42	0.05	0.61
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta				_						
Vitamin D (D2 + D3)		0.1		0	AS	1		0.3	0.0	0.5
Vitamin D		6		0	BFFN	4		14	2	20
Vitamin K (phylloquinone)		0.6		0	BFFN	4		1.5	0.2	2.3
Dihydrophylloquinone	110									

		<u>An</u>	nour	nt in 100) grar	ns	of edil	ole porti	<u>on</u>	Amount in e	edible portion o	of common
					Num b						easures of foo	
				-			Doriv	Source	Confidence			
Nestria nta anal Huita		Maaa	C4 -1	l. Error				Code	Code	M 4	M 0	Measure 3
Nutrients and Units		Mean	Sta	i. Error	FUIII	ıs	Coue	Code	Code	Measure 1	Measure 2	weasure 3
Lipids:												
Fatty acids, total saturated	a	4.5	91		()		1		11.569	1.446	16.941
4:0		0.1			1			1		0.491	0.061	0.720
6:0	•	0.1	.34		1	L		1		0.338	0.042	0.494
8:0	g	0.0	54		2	2		1		0.136	0.017	0.199
10:0	g	0.1	.10	0.0	17 1	1		1		0.277	0.035	0.406
12:0	g	0.1	.61	0.0	15 1	2		1		0.406	0.051	0.594
13:0	-											
14:0	_	0.7	33	0.0	35 1	2		1		1.847	0.231	2.705
15:0	-					_		_				- 400
16:0	-	2.0	127	0.0	60 1	.2		1		5.108	0.639	7.480
17:0		0.9		0 0	27 1	2		1		2.321	0.290	3.398
18:0 20:0		0.9	21	0.0	2/ 1			1		2.321	0.290	3.396
22:0	-											
24:0	-											
Fatty acids, total monounsaturated	-	2.3	35		()		1		5.884	0.736	8.616
14:1	-									3,002	******	
15:1	-											
16:1 undifferentiated	g	0.1	.59	0.0	12 1	2		1		0.401	0.050	0.587
17:1	g											
18:1 undifferentiated	g	2.1	.01	0.0	49 1	2		1		5.295	0.662	7.753
20:1	g	0.0	00		()		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.0	00		()		1		0.000	0.000	0.000
24:1 c	g											
Fatty acids, total polyunsaturated		0.2			(1		0.617	0.077	0.904
18:2 undifferentiated		0.1		0.0	17 1			1		0.421	0.053	0.616
18:3 undifferentiated	-	0.0			2			1		0.197	0.025	0.288
18:4		0.0	00		()		1		0.000	0.000	0.000
20:2 n-6 c,c												
20:3 undifferentiated 20:4 undifferentiated		0.0			(`		1		0.000	0.000	0.000
20:5 n-3 (EPA)		0.0)		1		0.000	0.000	0.000
21:5		0.0	, , ,		`	•		-		0.000	0.000	0.000
22:4	-											
22:5 n-3 (DPA)	-	0.0	00		()		1		0.000	0.000	0.000
22:6 n-3 (DHA)	-	0.0	00		()		1		0.000	0.000	0.000
Fatty acids, total trans												
Cholesterol	mg	29			()		1		74	9	108
Phytosterols	mg											
Amino Acids:												
Tryptophan	a	0.0	96		(1		1		0.242	0.030	0.354
Threonine		0.3)		1		0.774	0.030	1.133
Isoleucine		0.4)		1		1.038	0.130	1.520
Leucine	-	0.6)		1		1.681	0.210	2.461
Lysine	-	0.5)		1		1.361	0.170	1.993
Methionine		0.1			()		1		0.431	0.054	0.631
Cystine		0.0			()		1		0.159	0.020	0.232
Phenylalanine		0.3	29		()		1		0.829	0.104	1.214
Tyrosine		0.3	29		()		1		0.829	0.104	1.214
Valine	g	0.4	56		()		1		1.149	0.144	1.683
Arginine	g	0.2	47		()		1		0.622	0.078	0.911
Histidine	g	0.1	.85		()		1		0.466	0.058	0.683
Alanine	g	0.2)		1		0.592	0.074	0.867
Aspartic acid		0.5				כ		1		1.303	0.163	1.908
Glutamic acid		1.4				כ		1		3.594	0.449	5.262
Glycine		0.1)		1		0.363	0.045	0.531
Proline		0.6)		1		1.663	0.208	2.435
Serine	-	0.3	370		()		1		0.932	0.117	1.365
Hydroxyproline	9											
Others:												
Alcohol, ethyl	. g	0.0)		()	Z	7		0.0	0.0	0.0
Caffeine	mg	0			()	z	7		0	0	0

NDB No. 01214

Milk, canned, evaporated, without added vitamin A and vitamin D

	00 grams		ble porti	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in 1	00 grams	Amount in e	Amount in edible portion of common			
			Number				easures of fo	
					Source Confiden	ce		
Nutrients and	Units	Mean Std. Erro	r Points			Measure 1	Measure 2	Measure
Proximates:								
Water	g	82.45	0	RPA	1	206.12	25.72	
Energy		77	0	RPI	6	194	24	
Energy	kJ	324	0	RPI	6	810	101	
Protein	g	3.52	0	RPA	1	8.79	1.10	
Total lipid (fat)	g	2.34	0	RPI	6	5.85	0.73	
Ash	g	0.65	0	RPI	6	1.64	0.20	
Carbohydrate, by difference	g	10.74	0	RPI	6	26.85	3.35	
Fiber, total dietary	g	1.0	0	RPI	6	2.5	0.3	
Sugars, total		9.66	0	RPA	1	24.15	3.01	
Sucrose	g	5.00	0	RPA	1	12.49	1.56	
Glucose (dextrose)		0.01	0	RPA	1	0.02	0.00	
Fructose		0.01	0	RPA	1	0.02	0.00	
Lactose		4.63	0	RPA	1	11.57	1.44	
Maltose		0.01	0	RPA	1	0.02	0.00	
Galactose		0.01	0	RPA	1	0.04	0.00	
Starch								
Minerals:								
Calcium, Ca	mg	114	0	RPI	6	285	36	
Iron, Fe	mg	0.42	0	RPI	6	1.04	0.13	
Magnesium, Mg		23	0	RPI	6	58	7	
Phosphorus, P	mg	105	0	RPI	6	262	33	
Potassium, K	mg	197	0	RPI	6	492	61	
Sodium, Na	mg	44	0	RPI	6	109	14	
Zinc, Zn	mg	0.63	0	RPI	6	1.57	0.20	
Copper, Cu	mg	0.103	0	RPI	6	0.257	0.032	
Manganese, Mn		0.013	0	RPA	1	0.033	0.004	
Selenium, Se	µg	2.7	0	RPI	6	6.7	0.8	
Vitamins:	ma	0.2	0	RPI	6	0.4	0.1	
Vitamin C, total ascorbic acid	_	0.039	0	RPI	6	0.4	0.1 0.012	
ThiaminRiboflavin	_	0.182	0	RPI	6	0.455	0.012	
Niacin	• • • • • • • • • • • • • • • • • • • •	0.133	0	RPI	6	0.455	0.042	
Pantothenic acid	•	0.328	0	RPA	1	0.821	0.042	
Vitamin B-6	•	0.040	0	RPI	6	0.101	0.102	
Folate, total		5	0	RPA	1	13	2	
Folic acid		0	0	RPI	6	0	0	
Folate, food		5	0	RPA	1	13	2	
Folate, DFE		5	0	NC	4	13	2	
Choline, total		15.6	0	RPI	6	39.0	4.9	
Betaine	• • • • • • • • • • • • • • • • • • • •	0.9	0	RPA	1	2.2	0.3	
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.49	0	RPI	6	1.23	0.15	
Vitamin B-12, added		0.00	0	RPI	6	0.00	0.00	
Vitamin A, RAE		51	0	RPI	6	128	16	
Retinol		51	0	RPI	6	127	16	
Carotene, beta		4	0	RPI	6	9	1	
Carotene, alpha		0	0	RPI	6	0	0	
Cryptoxanthin, beta		0	0	RPI	6	0	0	
Vitamin A, IU		176	0	RPI	6	440	55	
Lycopene		0	0	RPI	6	0	0	
Lutein + zeaxanthin		0	0	RPI	6	0	0	
Vitamin E (alpha-tocopherol)		0.03	0	RPI	6	0.07	0.01	
Vitamin E, added		0.00	0	RPI	6	0.00	0.00	
Tocopherol, beta		0.00	0	RPA	1	0.00	0.00	
Tocopherol, gamma		0.00	0	RPA	1	0.00	0.00	
Tocopherol, delta		0.00	0	RPA	1	0.00	0.00	
Tocotrienol, alpha		0.00	0	RPA	1	0.00	0.00	
Tocotrienol, beta		0.00	0	RPA	1	0.00	0.00	

	<u>Ar</u>	nount in 10	0 gram s	of edi	ble portion	Amount in e	of common	
			Number				easures of foo	
			of Data	Deriv	Source Confidence			_
Nutrients and Units	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	00	0	RPA	1	0.00	0.00	
Tocotrienol, delta	=	00	0	RPA	1	0.00	0.00	
Vitamin D (D2 + D3)		L	0	RPI	6	2.8	0.3	
Vitamin D2 (ergocalciferol)			0	DDA	1	2.8	0.3	
Vitamin D3 (cholecalciferol) Vitamin D		_	0	RPA RPI	6	112	14	
Vitamin K (phylloquinone)		2	0	RPA	1	0.4	0.1	
Dihydrophylloquinone)	0	RPA	1	0.0	0.0	
Menaquinone-4								
Lipids:								
Fatty acids, total saturated			0	NC	4	3.578	0.447	
4:0	•		0	RPI	6	0.177	0.022	
6:0	•		0	RPI RPI	6 6	0.093	0.012	
8:0 10:0			0	RPI	6	0.047 0.113	0.006 0.014	
12:0	=		0	RPI	6	0.126	0.014	
13:0			0	RPA	1	0.005	0.001	
14:0		L 63	0	RPI	6	0.406	0.051	
15:0	g 0.0	18	0	RPA	1	0.046	0.006	
16:0	g 0.6	540	0	RPI	6	1.601	0.200	
17:0	-		0	RPA	1	0.026	0.003	
18:0	=		0	RPI	6	0.923	0.115	
20:0 22:0	=		0 0	RPA RPA	1 1	0.009 0.005	0.001 0.001	
24:0	•	702	Ū	KIA	_	0.003	0.001	
Fatty acids, total monounsaturated	=	577	0	NC	4	1.692	0.211	
14:1		13	0	RPA	1	0.033	0.004	
15:1	g 0.0	004	0	RPA	1	0.009	0.001	
16:1 undifferentiated			0	RPI	6	0.061	0.008	
17:1			0	RPA	1	0.011	0.001	
18:1 undifferentiated	-		0	RPI RPI	6 6	1.570	0.196	
20:1	•		0	RPI	6	0.005 0.001	0.001 0.000	
24:1 c			·		·	0.001	0.000	
Fatty acids, total polyunsaturated		84	0	NC	4	0.210	0.026	
18:2 undifferentiated	.g 0.0	74	0	RPI	6	0.184	0.023	
18:3 undifferentiated	-		0	RPI	6	0.019	0.002	
18:4	=	000	0	RPI	6	0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	=	103	0	RPA	1	0.007	0.001	
20:4 undifferentiated	•		0	RPI	6	0.000	0.000	
20:5 n-3 (EPA)	-0		0	RPI	6	0.000	0.000	
21:5	g							
22:4	-							
22:5 n-3 (DPA)	=		0	RPI	6	0.000	0.000	
22:6 n-3 (DHA)			0	RPI RPI	6 6	0.000 0.196	0.000 0.024	
Fatty acids, total trans Fatty acids, total trans-monoenoic	•		0	NR	4	0.179	0.024	
Fatty acids, total trans-polyenoic	.5		0	NR	4	0.016	0.002	
Cholesterol	.0		0	RPI	6	19	2	
Phytosterols	mg							
Stigmasterol			0	RPA	1	0	0	
Campesterol			0	RPA	1	0	0	
Beta-sitosterol	mg 0		0	RPA	1	0	0	
Amino Acids:	_		_		_			
Tryptophan			0	RPA RPA	1 1	0.093 0.238	0.012	
ThreonineIsoleucine	•		0	RPA	1	0.238	0.030 0.053	
Leucine	•		0	RPA	1	0.763	0.033	
Lysine	•		0	RPA	1	0.537	0.067	
Methionine		76	0	RPA	1	0.191	0.024	
Cystine			0	RPA	1	0.247	0.031	
Phenylalanine	g 0.3	150	0	RPA	1	0.374	0.047	

		Amount in 100 grams of edible portion Number							Amount in edible portion of common measures of food		
Nutrients and Units	Me	an S	itd. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
	~	0 141		•				0.252			
Tyrosine		0.141		0	RPA RPA	1		0.353 0.502	0.044 0.063		
Valine	•	0.099		0	RPA	1		0.302	0.063		
Arginine				-		1					
Histidine	-	0.067		0	RPA	1		0.168	0.021		
Alanine		0.102		0	RPA	1		0.256	0.032		
Aspartic acid		0.276		0	RPA	1		0.691	0.086		
Glutamic acid	g	0.719		0	RPA	1		1.798	0.224		
Glycine	g	0.056		0	RPA	1		0.140	0.017		
Proline	g	0.340		0	RPA	1		0.850	0.106		
Serine	g	0.184		0	RPA	1		0.459	0.057		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0		
Caffeine		2		0	RPI	6		5	1		
Theobromine	mg	8		0	RPI	6		170	21		

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	u grains	Amount in edible portion of common						
				Numbe	r			measures of food			
						Source	Confidence				
Nutrients and Un	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Hatricites and on		incun	Ota. E 1 01					measure i	mcasare 2	Wedsare	
Proximates:											
Water	g	82.34	0.	436 4	A	1					
Energy	kcal	67		0	NC	4					
Energy		282		0	NC	4					
Protein (N x 6.25)		3.39)	0		8					
Total lipid (fat)		0.00)	0		8					
Ash	g	0.81		2	A	1					
Carbohydrate, by difference	g	13.46	i	0	NC	4					
Fiber, total dietary		0.0		0		8					
Sugars, total		9.32	!	0		8					
Starch											
Minerals:											
Calcium, Ca		127		0		8					
Iron, Fe	-	0.27		019 4	A	1					
Magnesium, Mg		13		522 5		1					
Phosphorus, P		101	5.	381 5		1					
Potassium, K		182		0		8					
Sodium, Na	-	110		0		8					
Zinc, Zn		0.41		022 5		1					
Copper, Cu		0.07		2	A	1					
Manganese, Mn		0.06		2	A	1					
Selenium, Se	µg	1.9	0.	335 12	A	1					
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.0		0		8					
Thiamin	-	0.04	:5	2	A	1					
Riboflavin	-	0.16		0		1					
Niacin	-	0.16		2	A	1					
Pantothenic acid	-	0.30		0		1					
Vitamin B-6	-	0.02		2	A	1					
Folate, total	-	2		2	A	1					
Folic acid		0		0	Z	7					
Folate, food		2		2	A	1					
Folate, DFE		2		0	NC	4					
Choline, total		15.6		0	BFZN	4					
Betaine	-	13.0		Ū	21 211	-					
Vitamin B-12		0.32	0.0	011 4	A	1					
Vitamin B-12, added		0.00		0	z	7					
Vitamin A, RAE		64		0	AS	1					
Retinol		63		1	A	1					
Carotene, beta	· -	11		2	A	1					
Carotene, alpha		0		2	A	1					
		0		2	A	1					
Cryptoxanthin, beta		227		0	AS	1					
Vitamin A, IU Lycopene		0		2	AS A	1					
Lutein + zeaxanthin		0		0	Z	7					
Vitamin E (alpha-tocopherol)		0.04	L	2	A	1					
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	Z	7					
Tocopherol, beta		0.00	•	U	4	,					
Tocopherol, gamma	-										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, alpha											
Tocotrienol, gamma	-										
Tocotrienol, delta											
Vitamin D (D2 + D3)		1.1		0	NR	4					
		42		0	1417	8					
Vitamin D		0.2		2	A	1					
Vitamin K (phylloquinone)		0.2		2	A	_					
Dihydrophylloquinone	µg µg										

		Amount in 100 grams of edible portion					Amount in edible portion of common			
				Num ber				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.0	00	0		8				
4:0	g	0.0	00	0	BFFN	4				
6:0	g	0.0	00	0	BFFN	4				
8:0	g	0.0	00	0	BFFN	4				
10:0	g	0.0	00	0	BFFN	4				
12:0	g	0.0	00	0	BFFN	4				
13:0	g									
14:0	g	0.0	00	0	BFFN	4				
15:0	g									
16:0	g	0.0	00	0	BFFN	4				
17:0	g									
18:0	g	0.0	00	0	BFFN	4				
20:0	g									
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		0.0	00	0	BFFN	4				
14:1	g									
15:1	-									
16:1 undifferentiated		0.0	00	0	BFFN	4				
17:1	-									
18:1 undifferentiated		0.0		0	BFFN	4				
20:1		0.0		0	BFFN	4				
22:1 undifferentiated	•	0.0	00	0	BFFN	4				
24:1 c	-									
Fatty acids, total polyunsaturated		0.0		0	BFFN	4				
18:2 undifferentiated		0.0		0	BFFN	4				
18:3 undifferentiated	_	0.0		0	BFFN	4				
18:4		0.0	00	0	BFFN	4				
20:2 n-6 c,c	_									
20:3 undifferentiated			• •							
20:4 undifferentiated		0.0		0	BFFN	4				
20:5 n-3 (EPA)		0.0	00	0	BFFN	4				
21:5										
22:4	-	0.0	00	•						
22:5 n-3 (DPA)		0.0		0	BFFN	4				
22:6 n-3 (DHA)		0.0		0	BFFN	4 8				
Fatty acids, total trans	_	0.0 2	00	0		8 8				
Cholesterol	-	2		U		ð				
Phytosterols	iiig									
Others:	~					-				
Alcohol, ethyl	-	0.0		0	_	7				
Caffeine	-	1		1	A	1				
Theobromine	mg	22		1	A	1				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in 10	00 grams	Amount in edible portion of common				
			Numbei				easures of fo	
					Source Confidence	•		
Nutrients and	Units	Mean Std. Erro				Measure 1	Measure 2	Measure 3
Proximates:								
Water		82.17	2	A	1	205.41	25.64	821.65
Energy		78	0	NC	4	194	24	776
Energy		325	0	NC	4	811	101	3246
Protein	=	2.99	2	A	1	7.49	0.93	29.94
Total lipid (fat)	-	1.90	2	A	1	4.75	0.59	19.00
Ash	-	0.81	2	A	1	2.04	0.25	8.15
Carbohydrate, by difference		12.13	0	NC	4	30.31	3.78	121.26
Fiber, total dietary		0.7	1	A	1	1.8	0.2	7.0
Sugars, total		9.55	0	NR	4	23.88	2.98	95.54
Sucrose		4.79	2	A	1	11.97	1.49	47.90
Glucose (dextrose)		0.53	2	A	1	1.32	0.17	5.30
Fructose	g	0.41	2	A	1	1.02	0.13	4.10
Lactose		3.83	2	A	1	9.56	1.19	38.25
Maltose		0.00	2	A	1	0.00	0.00	0.00
Galactose								
Starch	g	1.60	1	A	1	4.00	0.50	16.00
Minerals:								
Calcium, Ca	<u>mg</u>	194	1	A	1	485	61	1940
Iron, Fe	mg	0.24	0	0	4	0.60	0.07	2.40
Magnesium, Mg	mg	14	2	A	1	34	4	136
Phosphorus, P	mg	76	2	A	1	191	24	764
Potassium, K		123	2	A	1	306	38	1225
Sodium, Na		66	2	A	1	165	21	659
Zinc, Zn		0.39	2	A	1	0.98	0.12	3.94
Copper, Cu		0.075	2 2	A A	1 1	0.186	0.023	0.74
Manganese, Mn Selenium, Se		0.062 3.4	2	A	1	0.154 8.6	0.019 1.1	0.61 34.5
			_		_			3173
Vitamins:	ma	0.0	2	A	1	0.0	0.0	0.0
Vitamin C, total ascorbic acid	_	0.0	2	A	1	0.0	0.0 0.014	0.0 0.44
ThiaminRiboflavin	-	0.565	2	A	1	1.412	0.014	5.65
Niacin	_	0.164	2	A	1	0.410	0.051	1.63
Pantothenic acid	•	0.539	2	A	1	1.349	0.168	5.39
Vitamin B-6	•	0.024	2	A	1	0.061	0.008	0.24
Folate, total		2	2	A	1	5	1	20
Folic acid		0	0	z	7	0	0	0
Folate, food		2	2	A	1	5	1	20
Folate, DFE		2	0	NC	4	5	1	20
Choline, total	· -							
Betaine	mg							
Vitamin B-12	μg	0.33	2	A	1	0.82	0.10	3.29
Vitamin B-12, added	µg	0.00	0	Z	7	0.00	0.00	0.00
Vitamin A, RAE	µg	64	0	AS	1	159	20	635
Retinol	µg	63	1	A	1	156	20	626
Carotene, beta		11	2	A	1	28	3	112
Carotene, alpha		0	2	A	1	0	0	0
Cryptoxanthin, beta		0	2	A	1	0	0	0
Vitamin A, IU		227	0	AS	1	568	71	2273
Lycopene		0	2	A	1	0	0	0
Lutein + zeaxanthin		0	0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.04	2	A	1	0.10	0.01	0.40
Vitamin E, added		0.00	0	Z	7	0.00	0.00	0.00
Tocopherol, beta		0.00	2	A	1	0.00	0.00	0.00
Tocopherol, gamma		0.02	2	A	1	0.05	0.01	0.20
Tocopherol, delta		0.00	2	A	1	0.00	0.00	0.00
Tocotrienol, alpha	mg	0.03	2	A	1	0.07	0.01	0.30

	An	Amount in 100 grams of edible portion					Amount in edible portion of common			
			Number				easures of foo			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3		
								_		
Tocotrienol, gamma			2	A	1	0.00	0.00	0.00		
Tocotrienol, delta	-	0	2	A	1	0.00	0.00	0.00		
Vitamin D2 (ergocalciferol)										
Vitamin D3 (cholecalciferol)µ										
Vitamin Dll				_						
Vitamin K (phylloquinone)			2 2	A A	1	0.4 0.0	0.0	1.5 0.0		
Menaquinone-4			_		-	0.0	0.0	0.0		
Lipids:										
Fatty acids, total saturated9	1.1	77	0	NC	4	2.943	0.367	11.774		
4:0g			0		1	0.140	0.017	0.560		
6:0g			0	_	1	0.083	0.010	0.330		
8:0g			2 2	A A	1	0.050 0.112	0.006 0.014	0.199 0.450		
10:0	•		2	A	1	0.112	0.014	0.450		
13:0	•		_		-	0.112	0.011	01100		
14:0g		70	2	A	1	0.425	0.053	1.700		
15:0g			2	A	1	0.037	0.005	0.149		
16:0g			2	A	1	1.288	0.161	5.150		
17:0			2	A A	1	0.022	0.003	0.087		
18:0g 20:0g			2	A	1	0.675 0.000	0.084 0.000	2.700 0.000		
22:0			2	A	1	0.000	0.000	0.000		
24:0g			2	A	1	0.000	0.000	0.000		
Fatty acids, total monounsaturated		55	0	NC	4	1.137	0.142	4.549		
14:1g			2	A	1	0.012	0.002	0.050		
15:1g			2	A	1	0.000	0.000	0.000		
16:1 undifferentiatedg			2	A A	1 1	0.050 0.000	0.006 0.000	0.199 0.000		
17:1			2	A	1	1.075	0.000	4.300		
20:19			2	A	1	0.000	0.000	0.000		
22:1 undifferentiatedg		00	2	A	1	0.000	0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg			0	NC	4	0.221	0.028	0.886		
18:2 undifferentiated			2 0	A As	1 1	0.200 0.000	0.025 0.000	0.799 0.000		
18:3 n-3 c,c,c (ALA)	•		2	A	1	0.000	0.000	0.000		
18:3 n-6 c,c,c										
18:3ig	1									
18:4g			2	A	1	0.022	0.003	0.087		
20:2 n-6 c,cg			2 2	A A	1	0.000	0.000	0.000		
20:3 undifferentiated		00	2	A	1	0.000	0.000	0.000		
20:3 n-69										
20:4 undifferentiatedg		00	2	A	1	0.000	0.000	0.000		
20:4 n-6g										
20:5 n-3 (EPA)g		00	2	A	1	0.000	0.000	0.000		
21:5										
22:5 n-3 (DPA)9		00	2	A	1	0.000	0.000	0.000		
22:6 n-3 (DHA)	•		2	A	1	0.000	0.000	0.000		
Fatty acids, total trans9	1									
Cholesteroln	-		2	A	1	20	2	79		
Phytosterols			2	2	1	^	•	0		
Stigmasteroln Campesteroln	3		2	A A	1	0	0 0	0		
Beta-sitosteroln	3		2	A	1	0	0	0		
Amino Acids:										
Tryptophang	0.0	45	0	A	1	0.113	0.014	0.451		
Threonine	•		0	A	1	0.350	0.044	1.401		
Isoleucine9			0	A	1	0.350	0.044	1.401		
Leucine9	0.2	75	0	A	1	0.688	0.086	2.753		

	Amount in 1	Numbe	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Erro				onfidence Code	Measure 1	Measure 2	Measure 3
Lysineg	0.230	0	A	1		0.575	0.072	2.301
Methionineg	0.070	0	A	1		0.175	0.022	0.700
Cystineg	0.030	0	A	1		0.075	0.009	0.299
Phenylalanineg	0.140	0	A	1		0.350	0.044	1.401
Tyrosineg	0.120	0	A	1		0.300	0.037	1.200
Valineg	0.180	0	A	1		0.450	0.056	1.801
Arginineg	0.105	0	A	1		0.263	0.033	1.051
Histidineg	0.080	0	A	1		0.200	0.025	0.800
Alanineg	0.100	0	A	1		0.250	0.031	1.001
Aspartic acidg	0.270	0	A	1		0.675	0.084	2.702
Glutamic acidg	0.645	0	A	1		1.614	0.201	6.454
Glycineg	0.060	0	A	1		0.150	0.019	0.599
Prolineg	0.275	0	A	1		0.688	0.086	2.753
Serineg	0.170	0	A	1		0.425	0.053	1.701
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	1	1	A	1		2	0	7
Theobrominemg	22	1	A	1		55	7	220

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz Measure 3 = 1000g: 1 quart

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in 10	0 grams	Amount in edible portion of common				
			Number				easures of foo	
					Source Confidence	.		
Nutrients and	Units	Mean Std. Error				Measure 1	Measure 2	Measure 3
Proximates:								
Water		82.17	2	A	1	205.41	25.64	821.65
Energy		76	0	NC	4	191	24	764
Energy	kJ	320	0	NC	4	800	100	3200
Protein (N x 6.38)		2.99	2	A	1	7.49	0.93	29.94
Total lipid (fat)	g	1.90	2	A	1	4.75	0.59	19.00
Ash	g	0.81	2	A	1	2.04	0.25	8.15
Carbohydrate, by difference	g	12.13	0	NR	4	30.31	3.78	121.26
Fiber, total dietary	g	0.7	1	A	1	1.8	0.2	7.0
Sugars, total	g	9.55	0	NR	4	23.88	2.98	95.54
Sucrose	g	4.79	2	A	1	11.97	1.49	47.90
Glucose (dextrose)		0.53	2	A	1	1.32	0.17	5.30
Fructose		0.41	2	A	1	1.02	0.13	4.10
Lactose	g	3.83	2	A	1	9.56	1.19	38.25
Maltose		0.00	2	A	1	0.00	0.00	0.00
Galactose								
Starch		1.60	1	A	1	4.00	0.50	16.00
Minerals:								
Calcium, Ca	mg	109	1	A	1	273	34	1090
Iron, Fe	mg	0.24	0		1	0.60	0.07	2.40
Magnesium, Mg	mg	14	2	A	1	34	4	136
Phosphorus, P	mg	102	0		1	254	32	1017
Potassium, K	mg	169	0		1	422	53	1688
Sodium, Na		66	2	A	1	165	21	659
Zinc, Zn		0.39	2	A	1	0.98	0.12	3.94
Copper, Cu	mg	0.075	2	A	1	0.186	0.023	0.74
Manganese, Mn		0.062	2	A	1 1	0.154	0.019	0.61
Selenium, Se	µg	3.4	2	A	1	8.6	1.1	34.5
Vitamins:	m a	0.0	2		1	0.0	0.0	
Vitamin C, total ascorbic acid	-		2	A	1		0.0	0.0
Thiamin	-	0.045 0.183	0	A O	4	0.112	0.014	0.44
Riboflavin	-	0.164	2	A	1	0.458 0.410	0.057 0.051	1.83
Niacin	• • • • • • • • • • • • • • • • • • • •		2	A	1			1.63
Pantothenic acid		0.539 0.024	2	A	1	1.349 0.061	0.168 0.008	5.39 0.24
Vitamin B-6		2	2	A	1	5	1	20
Folic acid		0	0	Z	7	0	0	0
Folate, food		2	2	A	1	5	1	20
Folate, DFE		2	0	NC	4	5	1	20
Choline, total		17.1	0	AS	1	42.9	5.3	171.4
Betaine	• • • • • • • • • • • • • • • • • • • •	0.7	1	A	1	1.7	0.2	6.9
Vitamin B-12	-	0.33	2	A	1	0.82	0.10	3.29
Vitamin B-12, added		0.00	0	Z	7	0.00	0.00	0.00
Vitamin A, RAE	· -	64	0	AS	1	159	20	635
Retinol		63	1	A	1	156	20	626
Carotene, beta		11	2	A	1	28	3	112
Carotene, alpha		0	2	A	1	0	0	0
Cryptoxanthin, beta		0	2	A	1	0	0	0
Vitamin A, IU		227	0	AS	1	568	71	2273
Lycopene		0	2	A	1	0	0	0
Lutein + zeaxanthin		0	0	z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.04	2	A	1	0.10	0.01	0.40
Vitamin E, added		0.00	0	z	7	0.00	0.00	0.00
Tocopherol, beta		0.00	2	A	1	0.00	0.00	0.00
Tocopherol, gamma		0.02	2	A	1	0.05	0.01	0.20
Tocopherol, delta		0.00	2	A	1	0.00	0.00	0.00
Tocotrienol, alpha		0.03	2	A	1	0.07	0.01	0.30
Tocotrienol, beta		0.00	2	A	1	0.00	0.00	0.00

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
		Num ber				<u>m</u>	easures of foo	<u>oa</u>		
Nutrients and Units	Mean Std. Erro	of Data or Points		Source Con Code (ridence Code	Measure 1	Measure 2	Measure 3		
Tocotrienol, gammamg	0.00	2	A	1		0.00	0.00	0.00		
Tocotrienol, deltamg	0.00	2	A	1		0.00	0.00	0.00		
Vitamin D (D2 + D3)µg	1.2	0	AS	1		3.0	0.4	12.1		
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	1.2	0	BFZN	4		3.0	0.4	12.1		
Vitamin D. (cholecalchelol)	49	0	BFZN	4		121	15	486		
Vitamin K (phylloquinone)µg	0.2	2	A	1		0.4	0.0	1.5		
Dihydrophylloquinoneµg	0.0	2	A	1		0.0	0.0	0.0		
Menaquinone-4µg										
<u>Lipids:</u>										
Fatty acids, total saturatedg	1.177	0	NC	4		2.943	0.367	11.774		
4:0g	0.056 0.033	0		1 1		0.140 0.083	0.017 0.010	0.560 0.330		
6:0g 8:0g	0.020	2	A	1		0.050	0.010	0.199		
10:0g	0.045	2	A	1		0.112	0.014	0.450		
12:0g	0.045	2	A	1		0.112	0.014	0.450		
13:0g										
14:0g	0.170	2	A	1		0.425	0.053	1.700		
15:0g	0.015	2	A	1		0.037	0.005	0.149		
16:0g	0.515	2	A	1		1.288	0.161	5.150		
17:0g	0.009	2	A	1		0.022	0.003	0.087		
18:0g 20:0g	0.270 0.000	2 2	A A	1 1		0.675 0.000	0.084 0.000	2.700 0.000		
22:0g	0.000	2	A	1		0.000	0.000	0.000		
24:0g	0.000	2	A	1		0.000	0.000	0.000		
Fatty acids, total monounsaturatedg	0.455	0	NC	4		1.137	0.142	4.549		
14:1g	0.005	2	A	1		0.012	0.002	0.050		
15:1g	0.000	2	A	1		0.000	0.000	0.000		
16:1 undifferentiatedg	0.020	2	A	1		0.050	0.006	0.199		
17:1g	0.000	2 2	A A	1 1		0.000	0.000	0.000		
18:1 undifferentiatedg 20:1g	0.430 0.000	2	A A	1		1.075 0.000	0.134 0.000	4.300 0.000		
22:1 undifferentiated	0.000	2	A	1		0.000	0.000	0.000		
24:1 cg										
Fatty acids, total polyunsaturatedg	0.089	0	NC	4		0.221	0.028	0.886		
18:2 undifferentiatedg	0.080	2	A	1		0.200	0.025	0.799		
18:3 undifferentiatedg	0.000	0	AS	1		0.000	0.000	0.000		
18:3 n-3 c,c,c (ALA)g	0.000	2	A	1		0.000	0.000	0.000		
18:3 n-6 c,c,c										
18:4g	0.009	2	A	1		0.022	0.003	0.087		
20:2 n-6 c,cg	0.000	2	A	1		0.000	0.000	0.000		
20:3 undifferentiatedg	0.000	2	A	1		0.000	0.000	0.000		
20:3 n-3g										
20:3 n-6g	0.000	•	_	-		0.000	0.000	0.000		
20:4 undifferentiatedg 20:4 n-6	0.000	2	A	1		0.000	0.000	0.000		
20:5 n-3 (EPA)	0.000	2	A	1		0.000	0.000	0.000		
21:5g						0.000				
22:4g										
22:5 n-3 (DPA)g	0.000	2	A	1		0.000	0.000	0.000		
22:6 n-3 (DHA)g	0.000	2	A	1		0.000	0.000	0.000		
Fatty acids, total trans	8	2	A	1		20	•	79		
Cholesterolmg Phytosterolsmg	0	2	A	1		20	2	79		
Stigmasterolmg	0	2	A	1		0	0	0		
Campesterolmg	0	2	A	1		0	0	0		
Beta-sitosterolmg	0	2	A	1		0	0	0		
Amino Acids:										
Tryptophang	0.038	0	A	1		0.096	0.012	0.383		
Threonineg	0.128	0	A	1		0.319	0.040	1.276		
Isoleucine	0.155 0.283	0	A A	1 1		0.387 0.709	0.048 0.088	1.549 2.834		
Leucille9	0.203	U	A	1		0.709	0.088	2.034		

	Amount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean Std. Error			Source C Code	Code	Measure 1	Measure 2	Measure 3
Lysineg	0.250	0	A	1		0.626	0.078	2.504
Methionineg	0.078	0	A	1		0.196	0.024	0.784
Cystineg	0.018	0	A	1		0.046	0.006	0.182
Phenylalanineg	0.155	0	A	1		0.388	0.048	1.550
Tyrosineg	0.151	0	A	1		0.378	0.047	1.513
Valineg	0.196	0	A	1		0.490	0.061	1.960
Arginineg	0.085	0	A	1		0.214	0.027	0.855
Histidineg	0.090	0	A	1		0.226	0.028	0.902
Alanineg	0.101	0	A	1		0.253	0.032	1.012
Aspartic acidg	0.256	0	A	1		0.640	0.080	2.562
Glutamic acidg	0.673	0	A	1		1.682	0.210	6.726
Glycineg	0.059	0	A	1		0.148	0.018	0.593
Prolineg	0.295	0	A	1		0.738	0.092	2.954
Serineg	0.180	0	A	1		0.451	0.056	1.805
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeinemg	1	1	A	1		2	0	7
Theobrominemg	22	1	A	1		55	7	220

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amou	ınt in 100 g	rams	ot edil	ole portion	<u>ī</u>	Amount in edible portion of common			
			Nui	measures of food							
			of	Data	Deriv	Source C	onfidence				
Nutrients and Un	its	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	82.30	0.231	8		1		205.75	25.68	823.00	
Energy	kcal	83		0	NC	4		208	26	834	
Energy	kJ	349		0		4		872	109	3487	
Protein (N x 6.38)	g	3.17	0.041	11		1		7.93	0.99	31.70	
Total lipid (fat)	g	3.39	0.037	10		1		8.48	1.06	33.90	
Ash	g	0.80		0		1		2.00	0.25	8.00	
Carbohydrate, by difference	g	10.34		0	NC	4		25.85	3.23	103.40	
Fiber, total dietary	g	0.8		0		1		2.0	0.2	8.0	
Sugars, total	g	9.54		0	NR	4		23.85	2.98	95.40	
Starch											
3.42	_										
Minerals:				_		_					
Calcium, Ca	-	112	3.987			1		280	35	1121	
Iron, Fe	-	0.24	0 600	0		1		0.60	0.07	2.40	
Magnesium, Mg		13 101	0.622 5.381			1 1		33 251	4 31	130 1005	
Phosphorus, P		167	7.479			1		251 417	31 52	1669	
Potassium, KSodium, Na	-	60	7.479 5.193			1		417 149	52 19	596	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.41	0.022			1		1.03	0.13	4.10	
, , , , , , , , , , , , , , , , , , ,	-	0.065	0.022	0		1		0.163	0.020	0.65	
Copper, Cu		0.077		0		1		0.103	0.020	0.65	
Selenium, Se		1.9		0	BFNN	4		4.8	0.024	19.0	
,	Р9	1.5		Ü	Drivin	*		4.0	0.0	13.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.3	0.3	9.1	
Thiamin	mg	0.037		0		1		0.093	0.012	0.37	
Riboflavin	mg	0.162		0		1		0.405	0.051	1.62	
Niacin	mg	0.125		0		1		0.313	0.039	1.25	
Pantothenic acid	-	0.295		0		1		0.738	0.092	2.95	
Vitamin B-6	mg	0.040		0		1		0.100	0.012	0.40	
Folate, total	µg	5		0		1		12	1	47	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	5		0		1		12	1	47	
Folate, DFE	µg	5		0	NC	4		12	1	47	
Choline, total	mg	17.0		0	T	4		42.5	5.3	170.0	
Betaine	mg										
Vitamin B-12	µg	0.33		0		1		0.84	0.10	3.34	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	27		0	NC	4		66	8	266	
Retinol	µg	26		0	T	4		65	8	260	
Carotene, beta	µg	7		0	BFZN	4		17	2	66	
Carotene, alpha	µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0	
Vitamin A, IU	IU	98		0	NC	4		244	30	977	
Lycopene	µg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.07		0	BFZN	4		0.18	0.02	0.71	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		1.3		0	AS	1		3.2	0.4	12.8	
Vitamin D	<u>I</u> U	51		0	BFZN	4		128	16	511	
Vitamin K (phylloquinone)	µg	0.3		0	BFZN	4		0.7	0.1	2.6	
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

	<u>An</u>	ount	in 100 g	Amount in edible portion of common							
			Nim	mber				measures of food			
						Source C	onfidence				
Nutrients and Units	Mean	Std. I	Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Lipids:											
Fatty acids, total saturated	.g 2.1	04		0		1		5.260	0.656	21.040	
4:0	•			0		1		0.253	0.032	1.010	
6:0				0		1		0.150	0.019	0.600	
8:0	. •			0		1 1		0.088	0.011	0.350 0.780	
10:0 12:0	-			0		1		0.195 0.220	0.024 0.027	0.880	
13:0	-	00		Ü		-		0.220	0.027	0.000	
14:0	-	15		0		1		0.788	0.098	3.150	
15:0	.g										
16:0	-	89		0		1		2.223	0.277	8.890	
17:0	-					_					
18:0 20:0		66		0		1		1.165	0.145	4.660	
22:0	-										
24:0	-										
Fatty acids, total monounsaturated	.g 0.9	90		0		1		2.475	0.309	9.900	
14:1											
15:1						_					
16:1 undifferentiated		71		0		1		0.178	0.022	0.710	
18:1 undifferentiated		72		0		1		2.180	0.272	8.720	
20:1				0		1		0.000	0.000	0.000	
22:1 undifferentiated		00		0		1		0.000	0.000	0.000	
24:1 c	-										
Fatty acids, total polyunsaturated	-			0		1		0.310	0.039	1.240	
18:2 undifferentiated	-			0		1 1		0.195	0.024	0.780	
18:3 undifferentiated 18:4	•			0		1		0.115 0.000	0.014 0.000	0.460 0.000	
20:2 n-6 c,c	_	00		U		_		0.000	0.000	0.000	
20:3 undifferentiated											
20:4 undifferentiated	.g 0.0	00		0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)	.g 0.0	00		0		1		0.000	0.000	0.000	
21:5	. •										
22:4		00		•		1		0.000	0.000	0.000	
22:5 n-3 (DPA) 22:6 n-3 (DHA)	.0			0		1		0.000	0.000	0.000	
Fatty acids, total trans	•			•		_		0.000	0.000	0.000	
Cholesterol				0		1		31	4	122	
Phytosterols	.mg										
Amino Acids:											
Tryptophan	.g 0.0	41		0	NR	4		0.101	0.013	0.405	
Threonine		35		0	NR	4		0.338	0.042	1.350	
Isoleucine	.g 0.1	64		0	NR	4		0.410	0.051	1.640	
Leucine				0	NR	4		0.750	0.094	3.001	
Lysine	•			0	NR	4 4		0.663	0.083	2.651	
Methionine	-			0	NR NR	4		0.208 0.048	0.026 0.006	0.830 0.193	
Phenylalanine				0	NR	4		0.410	0.051	1.641	
Tyrosine				0	NR	4		0.400	0.050	1.602	
Valine		08		0	NR	4		0.519	0.065	2.075	
Arginine	.g 0.0	91		0	NR	4		0.226	0.028	0.905	
Histidine	•			0	NR	4		0.239	0.030	0.955	
Alanine	-			0	NR	4		0.268	0.033	1.071	
Aspartic acid				0	NR	4 4		0.678 1.780	0.085	2.712	
Glutamic acid				0	NR NR	4		0.157	0.222 0.020	7.121 0.628	
Proline				0	NR	4		0.782	0.020	3.127	
Serine	•			0	NR	4		0.478	0.060	1.911	
Hydroxyproline	.g										
Others:											
Alcohol, ethyl	.g 0.0			0		7		0.0	0.0	0.0	
Caffeine	.mg 1			0	BFZN	4		2	0	7	

NDB No. 01102

Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

	<u>Ar</u>		Ount in 100 grams of edible portion Number Amount in edible portion measures of							
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3	
Theobromine MQ	23		0	RA	4		58	7	230	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 31.2g: 1 fl oz Measure 3 = 1000g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am our</u>	<u>ıt in 100 gı</u>	rams	of edil	ole porti	<u>ion</u>	Amount in edible portion of common			
			Nur	nbei	•			measures of food			
						Source	Confidence				
Nutrients and Uni	ite	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure	
Nutrients and on		Weari Stu						Wicasure i	Wicasure 2	weasure.	
Proximates:											
Water	g	87.09	0.059	9	A	1					
Energy	kcal	54		0	NC	4					
Energy	kJ	225		0	NC	4					
Protein	g	3.43	0.062	9	A	1					
Total lipid (fat)	g	1.04	0.027	9	A	1					
Ash	g	0.76	0.046	9	A	1					
Carbohydrate, by difference	g	7.68		0	NC	4					
Fiber, total dietary	g	0.0	0.000	4		8					
Sugars, total	g	7.29	0.000	4		8					
Starch	g										
Minorala											
Minerals:	m.c	100	1 -1-	•	-	-					
Calcium, Ca	_	122	1.516		A	1 1					
Iron, Fe		0.16 13	0.009 0.223	9 9	A A	1					
Phosphorus, P	_	98	1.558	9	A	1					
Potassium, K		168	3.454		A	1					
Sodium, Na	•	66	1.891		A	1					
Zinc, Zn	_	0.46	0.005		A	1					
Copper, Cu		0.018	0.001		A	1					
Manganese, Mn		0.021	0.001		A	1					
Selenium, Se		1.9		0	BFZN	4					
,											
Vitamins:											
Vitamin C, total ascorbic acid	_	0.0	0 000	2	_	8 1					
Thiamin	_	0.035	0.002		A A	1					
Riboflavin	_	0.225 0.122	0.006	6 6	A A	1					
Niacin	_	0.122	0.003		A	1					
Pantothenic acid Vitamin B-6	_	0.050	0.026		A	1					
Folate, total	_	5	0.004	2	A	8					
Folic acid		0		0	z	7					
Folate, food		5		2	_	8					
Folate, DFE		5		0	NC	4					
Choline, total		17.0		0	BFZN	4					
Betaine		2.00		•		-					
Vitamin B-12		0.20	0.052	6	A	1					
Vitamin B-12, added		0.00		0	z	7					
Vitamin A, RAE	µg	96		0	AS	1					
Retinol		96		2	A	1					
Carotene, beta	µg	2		0	BFZN	4					
Carotene, alpha	µg	0		0	BFZN	4					
Cryptoxanthin, beta		0		0	BFZN	4					
Vitamin A, IU		319		0	AS	1					
Lycopene	µg	0		0	BFZN	4					
Lutein + zeaxanthin	µg	0		0	BFZN	4					
Vitamin E (alpha-tocopherol)	mg	0.00	0.000	3	A	1					
Vitamin E, added	mg	0.00		0	Z	7					
Tocopherol, beta	mg	0.00	0.000	3	A	1					
Tocopherol, gamma	mg	0.00	0.000	3	A	1					
Tocopherol, delta	mg	0.00	0.000	3	A	1					
Tocotrienol, alpha		0.00	0.000	3	A	1					
Tocotrienol, beta		0.00	0.000	3	A	1					
Tocotrienol, gamma		0.00	0.000	3	A	1					
Tocotrienol, delta		0.00	0.000	3	A	1					
Vitamin D (D2 + D3)		1.5		2	AS	1					
Vitamin D2 (ergocalciferol)		0.0		2	A	1					
Vitamin D3 (cholecalciferol)		1.5		2	A	1					
Vitamin D		60		0	NR	4					
Vitamin K (phylloquinone)	µg	0.1		2	A	1					

Amino Acids:

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.0 Dihydrophylloquinone.....µg 1 1 Menaquinone-4.....µg 0.2 Α Lipids: Fatty acids, total saturated......g 0.616 0 NC 4 0.020 0.001 9 А 1 4:0.....g 6:0......g 0.014 0.000 9 Α 1 0.000 0.009 Α 1 10:0.....g 0.025 0.001 9 1 0.001 0.029 А 1 12:0......g 13:0.....g 14:0.....g 0.099 0.003 1 Α 15:0.....g 0.010 0.000 9 Α 1 0.278 0.008 9 16:0.....g А 1 0.005 0.000 17·0 Α 1 0.003 18:0.....g 0.122 Α 0.000 9 20:0.....g 0.002 Α 1 22:0.....g 0.001 0.000 9 А 1 0.000 24:0.....g 0.000 Α 1 Fatty acids, total monounsaturated......g 0.290 0.000 0.010 9 1 14:1.....g Α 0.000 0.000 9 Α 1 0.001 16:1 undifferentiated......g 0.014 AS 1 0.012 0.001 16:1 c.....g 0.000 9 16:1 t.....g 0.003 Α 1 0.002 0.000 9 17:1.....g Α 1 0.260 0.006 18:1 undifferentiated......g AS 1 0.234 0.005 9 1 18:1 c.....g Α 0.026 0.001 9 А 1 18:1 t.....g 0.003 0.000 20:1.....g Α 1 22:1 undifferentiated......g 0.000 0.000 9 AS 1 0.000 0.000 9 1 22:1 c.....g А 22:1 t.....g 0.000 0.000 9 Α 1 0.000 0.000 24:1 c......g Α 1 Fatty acids, total polyunsaturated......g 0.054 0 NC 4 0.045 9 18:2 undifferentiated......g 0.001 AS 1 18:2 n-6 c,c.....g 0.032 0.001 9 A 1 0.005 0.000 1 18·2 CLAs a Α 18:2 t,t.....g 18:2 i.....g 0.007 0.000 9 18:2 t not further defined......g Α 1 0.000 18:3 undifferentiated.....g 0.005 AS 1 0.000 9 18:3 n-3 c,c,c (ALA)......g 0.005 Α 1 0.000 0.000 9 18:3 n-6 c,c,c......g А 1 18:3i.....g 0.000 0.000 9 Α 1 0.000 0.000 18:4.....g A 0.000 0.000 9 20:2 n-6 c,c....g Α 1 0.002 0.000 9 1 20:3 undifferentiated.....g AS 0.000 0.000 9 20:3 n-3.....g Α 1 20:3 n-6.....g 0.002 0.000 Α 1 0.002 0.000 9 1 20:4 undifferentiated.....g Α 20:4 n-6....g 0.000 0.000 9 1 20:5 n-3 (EPA).....g Α 21:5.....g 0.000 0.000 9 22:4.....g 1 Α 22:5 n-3 (DPA)......g 0.001 0.000 9 A 1 0.000 0.000 9 Α 1 22:6 n-3 (DHA)......g 0.036 0 NC 4 Fatty acids, total trans......g 0.029 0 NC 4 Fatty acids, total trans-monoenoic......g Fatty acids, total trans-polyenoic......g 0.007 0 NC 4 Cholesterol....mg 0.054 Α 1 Phytosterols.....mg

Amount in 100 grams of edible portion							Amount in edible portion of common		
			Num be	r			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophang									
Threonineg									
Isoleucineg									
Leucineg									
Lysineg									
Methionineg									
Cystineg									
Phenylalanineg									
Tyrosineg									
Valineg									
Arginineg									
Histidineg									
Alanineg									
Aspartic acidg									
Glutamic acidg									
Glycineg									
Prolineg									
Serineg									
Hydroxyprolineg	0.0	000	2	A	1				
Others:									
Alcohol, ethylg	0.0)	0	Z	7				
Caffeinemg	0	0.	000 4	A	1				
Theobrominemg	6	0.	281 4	A	1				

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 g	Amount in edible portion of common							
			Nu	mbei	r			measures of food			
			of	Data	Deriv	Source C	Confidence				
Nutrients and Unit	ts	Mean St	d. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	84.91	0.336	12	A	1		212.27	849.08		
Energy	-	62	0.330	0	NC	4		154	617		
		258		0	NC	4		645	2580		
Energy Protein (N x 6.38)		3.46	0.081		JO	11		8.64	2580 34.55		
		1.00	0.010		A	1		2.49	9.96		
Total lipid (fat)		0.78	0.010		A	1		1.95	7.81		
AshCarbohydrate, by difference	-	9.86	0.027	0	NC	4		24.65	98.60		
		0.1	0.059		NC	8		0.3	1.3		
Fiber, total dietary		9.94	0.059	0	NR	4		24.85			
Sugars, total		9.94		U	NR	4		24.65	99.40		
Starch	9										
Minerals:											
Calcium, Ca	_	129	1.541		A	1		323	1290		
Iron, Fe		0.23	0.018		A	1		0.57	2.28		
Magnesium, Mg		13	0.278		A	1		33	132		
Phosphorus, P		96	1.481		A	1		239	956		
Potassium, K		172	3.391		A	1		429	1715		
Sodium, Na	_	65	2.589		A	1		161	645		
Zinc, Zn	_	0.43	0.007		A A	1 1		1.07	4.28		
Copper, Cu		0.028 0.030	0.002		A A	1		0.069 0.075	0.275 0.302		
Manganese, Mn Selenium, Se		1.9	0.335		A	1		4.8	19.0		
,	pg	1.9	0.333	12	Α	_		1.0	19.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.4	0.146			8		1.1	4.4		
Thiamin	_	0.031	0.001		A	1		0.078	0.312		
Riboflavin	_	0.247	0.012		A	1		0.619	2.475		
Niacin	_	0.124	0.006		A	1		0.309	1.237		
Pantothenic acid	_	0.430	0.029		A	1		1.075	4.299		
Vitamin B-6	_	0.047	0.004		A	1		0.119	0.474		
Folate, total		3		1	_	8		8	32		
Folic acid		0		0	Z	7		0 8	0		
Folate, food		3 3		1 0	wa	8 4		-	32		
Folate, DFE				0	NC T	4		8 42 F	32		
Choline, total	_	17.0		U	1	4		42.5	170.0		
Betaine Vitamin B-12	_	0.23	0.049	8	A	1		0.59	2.35		
Vitamin B-12 Vitamin B-12, added		0.23	0.049	0	Z	7		0.00	0.00		
Vitamin A, RAE		52		0	NC	4		129	515		
Retinol		51		3	A	1		129	514		
Carotene, beta		2		0	BFFN	4		4	16		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU		174		0	NC	4		435	1740		
Lycopene		0		0	z	7		0	0		
Lutein + zeaxanthin		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		3	A	1		0.00	0.00		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta	_	0.00		3	A	1		0.00	0.00		
Tocopherol, gamma		0.00		3	A	1		0.00	0.00		
Tocopherol, delta		0.00		3	A	1		0.00	0.00		
Tocotrienol, alpha		0.00		3	A	1		0.00	0.00		
Tocotrienol, beta		0.00		3	A	1		0.00	0.00		
Tocotrienol, gamma		0.00		3	A	1		0.00	0.00		
Tocotrienol, delta		0.00		3	A	1		0.00	0.00		
Vitamin D (D2 + D3)		1.1		4	AS	1		2.7	10.9		
Vitamin D2 (ergocalciferol)		0.0	0.000	4	A	1		0.0	0.0		
Vitamin D3 (cholecalciferol)		1.1	0.010	4	A	1		2.7	10.9		
Vitamin D		43		0	NR	4		109	435		
	µg	0.1	0.000	3	A	1		0.3	1.0		

Number Provided Part Point Part Part Point Part Point Part		<u>Am</u>	ount i	n 100 g	ram s	Amount in edible portion of common						
Nutrients and Units												
Nutrients and Units							0	0	<u></u>	<u> </u>	<u>,, u</u>	
Disylamphyllogationes												
	Nutrients and Units	Mean	Std. E	rror Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Meriagramora	Dihydrophylloquinone	0.0		0.000	3	A	1		0.0	0.0		
Tays goods, total sutmented.				0.000	3	A	1		0.3	1.0		
Faty sacks, total summed.	****											
40		0.54			•							
8:0. 9 0.013 0.001 30 A 1 0.002 130 A 1 0.002 1008 1100. 9 0.002 0.000 130 A 1 0.002 1.008 1100. 9 0.002 0.001 130 A 1 0.005 0.221 0.008 131 A 1 0.005 0.222 0.002 130 A 1 0.006 0.002 0.248 1150. 9 0.002 0.002 130 A 1 0.002 0.248 1150. 9 0.002 0.002 130 A 1 0.002 0.002 0.002 130 A 1 0.002	•			0 001								
Sent	<u> </u>											
10.0												
120	_											
13.0	_											
14-0	_	• • • • • • • • • • • • • • • • • • • •		01002			_		0.002	0.210		
15.0	9	0.09	90	0.001	13	A	1		0.225	0.899		
170	9	0.03	LO			A	1		0.024			
18.0	16:0g	0.20	58	0.003	13	A	1		0.670	2.679		
200	17:0g	0.00	05	0.000	13	A	1		0.013	0.053		
22-0	18:0g	0.13	20	0.004	13	A	1		0.300	1.200		
240	20:0g	0.00	02	0.000	13	A	1		0.006	0.023		
Fatly socials, social monounscurrated. 9 0.541 0 NC 4 1.353 5.411 14:1 0 0.002 0.000 13 A 1 0.002 0.000 13 A 1 0.003 0.000 15:1 15:1 0.003 0.000 13 A 1 0.003 0.000 15:1 16:1 0.003 0.000 13 A 1 0.003 0.000 15:1 16:1 0.003 0.000 13 A 1 0.003 0.000 15:1 16:1 0.003 0.000 13 A 1 0.003 0.000 13:1 1.0003 0.0003 0.000 13:1 1.0003 0.000 0.000 13:1 1.0003 0.0003 0.000 13:1 1.0003 0.0003 0.000 0.000 13:1 1.0003 0.0003 0.000 13:1 1.0003 0.0003 0.000 0.000 13:1 1.0003 0.0003 0.000 0.000 0.0003 0.	22:0g	0.00	01	0.000	13	A	1		0.002	0.008		
14-1	24:0g	0.00	00	0.000	13	A	1		0.001	0.004		
15-	Fatty acids, total monounsaturatedg	0.54	41		0	NC	4		1.353	5.411		
161 undifferentiated	14:1g	0.00	09	0.000	13	A	1		0.023	0.091		
16-1	15:1g	0.00	00	0.000	13	A	1		0.000	0.000		
	16:1 undifferentiatedg	0.03	15	0.000	13	AS	1		0.038	0.151		
17-	16:1 cg	0.03	12	0.000	13	A	1		0.030	0.120		
18-1 undifferentiated	16:1 tg	0.00	03	0.000	13	A	1		0.008	0.031		
RS: C. G O.221 O.004 13 A 1 O.554 C.2.15 RS: L. G O.027 O.002 13 A 1 O.067 O.269 RS: L. G O.007 O.002 13 A 1 O.007 O.269 RS: L. G O.000 O.000 O.000 O.000 O.000 O.000 RS: L. G O.000 O.000 O.000 O.000 O.000 O.000 O.000 RS: L. G O.000 O.000 O.000 O.000 O.000 O.000 RS: L. G O.000 O.000 O.000 O.000 O.000 O.000 RS: C. G O.000 O.000 O.000 O.000 O.000 O.000 RS: C. G O.000 RS: C. G O.000	17:1g	0.00	02	0.000	13	A	1		0.005	0.019		
RS: L	18:1 undifferentiatedg	0.24	48	0.005	13	AS	1		0.621	2.484		
RSI-111 (18:1n-7)	18:1 cg	0.2	21	0.004	13	A	1		0.554	2.215		
20:	18:1 tg	0.03	27	0.002	13	A	1		0.067	0.269		
22:1 undifferentiated. 9 0.000 0.000 13 As 1 0.000 0.001 22:1 t 9 0.000 0.000 13 As 1 0.000 0.001 22:1 t 9 0.000 0.000 13 As 1 0.000 0.000 24:1 c 9 0.000 0.000 13 As 1 0.000 0.000 24:1 c 9 0.000 0.000 13 As 1 0.000 0.000 24:1 c 9 0.000 0.000 13 As 1 0.000 0.000 24:1 c 9 0.000 0.000 13 As 1 0.000 0.000 24:1 c 9 0.005 0.001 13 As 1 0.000 0.000 18:2 undifferentiated. 9 0.039 0.001 13 As 1 0.063 0.252 18:2 CLAs 9 0.007 0.001 13 As 1 0.063 0.252 18:2 CLAs 9 0.007 0.001 13 As 1 0.016 0.066 18:2 tt 9 18:2 tt 9 18:2 tt. 9 18:2 tnot further defined. 9 0.006 0.000 13 As 1 0.017 0.068 18:3 undifferentiated. 9 0.006 0.000 13 As 1 0.014 0.057 18:3 n-6 c.c. 9 0.000 0.000 13 As 1 0.014 0.057 18:3 n-6 c.c. 9 0.000 0.000 13 As 1 0.000 0.000 18:4 9 0.000 0.000 0.0	18:1-11 t (18:1t n-7)g											
22:1 c	20:1g	0.00	03	0.000	13	A	1		0.007	0.029		
22:1	22:1 undifferentiatedg	0.00	00	0.000	13	AS	1		0.000	0.001		
24:1 c	22:1 cg	0.00	00	0.000	13	A	1		0.000	0.001		
Fatty acids, total polyunsaturated		0.00	00	0.000	13	A	1		0.000	0.000		
18.2 undifferentiated. 9		0.00	00	0.000		A			0.000	0.000		
18:2 n-6 c,c.	Fatty acids, total polyunsaturatedg	0.09	95		0	NC	4		0.237	0.949		
18:2 CLAS	_											
18:2 t.t.	- · · · · · · · · · · · · · · · · · · ·											
18:2 i not further defined.	_	0.00	07	0.001	13	A	1		0.016	0.066		
18:2 t not further defined	-											
18:3 undifferentiated						_	_					
18:3 n-3 c,c,c (ALA). 9 0.006 0.000 13 A 1 0.014 0.057 18:3 n-6 c,c,c 9 0.000 0.000 13 A 1 0.000 0.000 18:3i 9 0.000 0.000 13 A 1 0.000 0.000 18:4 9 0.000 0.000 13 A 1 0.000 0.001 20:2 n-6 c,c 9 0.000 0.000 13 A 1 0.001 0.003 20:3 undifferentiated. 9 0.001 0.000 13 A 1 0.003 0.013 20:3 n-3 9 0.001 0.000 13 A 1 0.003 0.013 20:4 n-6 9 0.001 0.000 13 A 1 0.004 0.005 21:5 9 22:4 9 0.001 0.000 13 A 1 0.000 0.000 22:5 n-3 (DPA) 9 0.001 0.000 13 A 1 0.000 </td <td></td>												
18:3 n-6 c,c,c 9 0.000 0.000 13 A 1 0.000 0.000 1.000 1.000 0.000 1.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.001 0.000 0.001 0.000 0.001 0.003 0.001 0.003 0.013 0.013 0.003 0.013 0.013 0.003 0.013 0.003 0.013 0.003 0.013 0.000	_											
18:3i												
18:4 9 0.000 0.000 13 A 1 0.000 0.001 20:2 n-6 c,c. 9 0.000 0.000 13 A 1 0.001 0.003 20:3 undifferentiated 9 0.001 0.000 13 A 1 0.003 0.013 20:3 n-3 9 0.000 0.000 13 A 1 0.000 0.000 20:3 n-6 9 0.001 0.000 13 A 1 0.003 0.013 20:4 undifferentiated 9 0.002 0.000 13 A 1 0.004 0.018 20:4 n-6 9 0.002 0.000 13 A 1 0.004 0.018 21:5 9 0.001 0.000 13 A 1 0.001 0.005 21:5 9 0.001 0.000 13 A 1 0.000 0.000 22:5 n-3 (DPA) 9 0.001 0.000 13 A 1 0.000 0.000 22:5 n-3 (DPA)												
20:2 n-6 c,c												
20:3 undifferentiated												
20:3 n-3 9 0.000 0.000 13 A 1 0.000 0.000 20:3 n-6 9 0.001 0.000 13 A 1 0.003 0.013 20:4 undifferentiated 9 0.002 0.000 13 A 1 0.004 0.018 20:4 n-6 9 20:5 n-3 (BPA) 9 0.001 0.000 13 A 1 0.001 0.005 21:5 9 0.000 0.000 13 A 1 0.000 0.000 22:4 9 0.001 0.000 13 A 1 0.000 0.000 22:5 n-3 (DPA) 9 0.001 0.000 13 A 1 0.003 0.010 22:6 n-3 (DHA) 9 0.000 0.000 13 A 1 0.000 0.000 Fatty acids, total trans 9 Cholesterol mg 5 0.130 8 A 1 11 46 Phytosterols mg												

		<u>Am ount</u>	in 100 gran		Amount in edible portion of common measures of food				
Nutrients ar	nd Units	Mean Std.				Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine	g	0.156	O	A	1		0.391	1.562	
Leucine	g	0.307	O	A	1		0.767	3.070	
Lysine	g	0.257	O	A	1		0.642	2.566	
Methionine	g	0.078	O	A	1		0.195	0.781	
Cystine	g	0.033	O	A	1		0.083	0.334	
Phenylalanine	g	0.156	0	A	1		0.391	1.562	
Tyrosine	g	0.134	0	A	1		0.334	1.338	
Valine	g	0.201	0	A	1		0.502	2.009	
Arginine	g	0.117	0	A	1		0.293	1.172	
Histidine	g	0.089	0	A	1		0.223	0.892	
Alanine	g	0.112	0	A	1		0.279	1.116	
Aspartic acid	g	0.301	0	A	1		0.753	3.013	
Glutamic acid	g	0.720	0	A	1		1.799	7.197	
Glycine	g	0.067	0	A	1		0.167	0.668	
Proline	g	0.307	0	A	1		0.767	3.070	
Serine	g	0.190	0	A	1		0.474	1.897	
Hydroxyproline	g	0.000	3	A	1		0.000	0.000	
Others:									
Alcohol, ethyl	g	0.0	O		7		0.0	0.0	
Caffeine	mg	1	0.295 5	A	1		3	14	
Theobromine	mg	12	1.198 5	A	1		31	124	

Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 1000g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in 10	0 grams	of edi	ble portion		Amount in edible portion of common			
				Num ber					easures of fo		
						Source Confi	dence			-	
Nutrients and Uni	ite	Mean	Std. Error				ode	Measure 1	Measure 2	Measure	
Nuti lents and on		Wicaii	3tu. 🗖 101					Wicasure	Wedsule 2	Wieasure	
Proximates:											
Water	g	4.90	0	1		1		1.39	5.54		
Energy	kcal	354		0	NC	4		100	400		
Energy	kJ	1480				4		420	1673		
Protein (N x 6.38)	g	35.50	0	1		1		10.06	40.12		
Total lipid (fat)	g	0.20	0	1		1		0.06	0.23		
Ash	g	7.60	0	1		1		2.15	8.59		
Carbohydrate, by difference	g	51.80	0	0		4		14.69	58.53		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total											
Starch											
	9										
Minerals:				_		_					
Calcium, Ca	_	280	_	1		1		79	316		
Iron, Fe		0.32	2	0		4		0.09	0.36		
Magnesium, Mg		60		1		1		17	68		
Phosphorus, P	_	1011		1		1		287	1142		
Potassium, K		680		1		1		193	768		
Sodium, Na		2280		1		1		646	2576		
Zinc, Zn	_	4.03		0		4		1.14	4.55		
Copper, Cu	_	0.01		0		1		0.005	0.018		
Manganese, Mn	_	0.00		0		1		0.002	0.009		
Selenium, Se	µg	27.3	2.	950 9	A	1		7.7	30.8		
Vitamins:											
Vitamin C, total ascorbic acid	mq	6.7		0		4		1.9	7.5		
Thiamin	_	0.16	63	0		1		0.046	0.184		
Riboflavin	_	1.64	42	0		1		0.466	1.855		
Niacin	_	0.66		0		1		0.189	0.751		
Pantothenic acid	_	3.31	12	0		1		0.939	3.743		
Vitamin B-6	_	0.29	98	0		1		0.084	0.337		
Folate, total	_	50		0		4		14	56		
Folic acid		0		0	z	7		0	0		
Folate, food		50		0		4		14	56		
Folate, DFE		50		0	NC	4		14	56		
Choline, total											
Betaine	_										
Vitamin B-12	_	3.98	R	0		1		1.13	4.49		
Vitamin A, RAE		2	-	0	NC	4		0	2		
Retinol		1		0	NC	4		0	1		
Carotene, beta		-		v	110	-		•	-		
Carotene, alpha Cryptoxanthin, beta											
Vitamin A, IU		8		0		1		2	9		
Lycopene		0		Ū		-		4	,		
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, alpha											
,	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone	µy										

Lipids:

Menaquinone-4.....µg

	<u>An</u>	ount in 1	00 grams Number	of edib	le porti	ion_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Erro	of Data r Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Para il colore di	g 0.1	24	0		2		0.035	0.140		
Fatty acids, total saturated	•		0		1 1		0.035	0.140 0.007		
6:0	•		0		1		0.002	0.005		
8:0	•		0		1		0.001	0.002		
10:0	-		0		1		0.001	0.006		
12:0	=	06	0		1		0.002	0.007		
13:0	g									
14:0	g 0.0	20	0		1		0.006	0.023		
15:0	=									
16:0	-	53	0		1		0.015	0.060		
17:0		0.4	•				0.005	0.005		
18:0 20:0		24	0		1		0.007	0.027		
22:0										
24:0	=									
Fatty acids, total monounsaturated	-	58	0		1		0.016	0.066		
14:1	-									
15:1	g									
16:1 undifferentiated	g 0.0	04	0		1		0.001	0.005		
17:1										
18:1 undifferentiated		50	0		1		0.014	0.057		
20:1	•									
22:1 undifferentiated	=									
24:1 cFatty acids, total polyunsaturated		0.7	0		1		0.002	0.008		
18:2 undifferentiated			0		1		0.001	0.006		
18:3 undifferentiated			0		1		0.001	0.003		
18:4	=									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	-	00	0		4		0.000	0.000		
20:5 n-3 (EPA)	-									
21:5	•									
22:4 22:5 n-3 (DPA)	-									
22:5 n-3 (DFA)	-									
Fatty acids, total trans										
Cholesterol			0		1		1	2		
Phytosterols	mg									
A A										
Amino Acids:	q 0.5	01	0		1		0.142	0.566		
Tryptophan Threonine	•		0		1		0.142	1.811		
Isoleucine	•		0		1		0.454	2.427		
Leucine			0		1		0.986	3.930		
Lysine	•		0		1		0.798	3.182		
Methionine	•		0		1		0.252	1.006		
Cystine		28	0		1		0.093	0.371		
Phenylalanine	g 1.7	14	0		1		0.486	1.937		
Tyrosine			0		1		0.486	1.937		
Valine			0		1		0.674	2.685		
Arginine	=		0		1		0.364	1.452		
Histidine	-		0		1		0.273	1.088		
Alanine	•		0		1		0.347	1.383		
Aspartic acid			0		1 1		0.763 2.108	3.043		
Glycine	•		0		1		0.213	8.400 0.849		
Glycine Proline	•		0		1		0.213	0.849 3.886		
Serine	•		0		1		0.547	2.182		
Hydroxyproline	•		•		-		0.517	2.102		
	•									
Others:	_		_	_	_					
Alcohol, ethyl	-		0	Z	7		0.0	0.0		
Caffeine	-									
Theobromine	···y									

NDB No. 01093 Milk, dry, nonfat, calcium reduced

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Carbohydrate 3.87

Nutrients and Units

Std. Error Points Code Code

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 ozMeasure 2 = 113g: .25 lb

Fat 8.79 Calories Factors: Protein 4.27

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amour	ıt in 100 gr	aiiis	<u>11</u>	Amount in edible portion of common				
			Nur	nber				<u>m</u>	easures of fo	<u>od</u>
			of	Data	Deriv	Source C	onfidence			
Nutrients and Un	ito	Mean Std	.Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Wiedli Stu	. 🗀 101 10	,to	Oouc	Oouc	oouc	weasure i	WedSure 2	weasure .
Proximates:										
Water	g	3.96	0.044	216		1		2.69	3.60	0.91
Energy	kcal	358		0	NC	4		244	326	82
Energy	kJ	1499		0		4		1019	1364	345
Protein (N x 6.38)	g	35.10	0.139	89		1		23.87	31.94	8.07
Total lipid (fat)	g	0.72	0.018	164		1		0.49	0.66	0.17
Ash	g	8.03	0.073	14		1		5.46	7.31	1.85
Carbohydrate, by difference	g	52.19		0	NC	4		35.49	47.49	12.00
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		52.19		0	NR	4		35.49	47.49	12.00
Starch										
	_									
Minerals:										
Calcium, Ca	_	1231	25.365			1		837	1120	283
Iron, Fe	_	0.31	0.038			1		0.21	0.28	0.07
Magnesium, Mg		117	11.071			1		80	107	27
Phosphorus, P		985	21.031			1		670	896	226
Potassium, K	_	1705	51.818			1		1160	1552	392
Sodium, Na	_	549	15.570			1 1		373	499	126
Zinc, Zn		4.41	0.124			1		3.00	4.01	1.01
Copper, Cu		0.041		0		1		0.028	0.037	0.00
Manganese, Mn		0.020	2 052	0		1		0.014	0.018	0.00
Selenium, Se	µg	27.3	2.953	9	A	1		18.6	24.8	6.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6	0.445	28		1		3.8	5.1	1.3
Thiamin	mg	0.413	0.006	31		1		0.281	0.376	0.09
Riboflavin	mg	1.744	0.040	31		1		1.186	1.587	0.40
Niacin	_	0.891	0.042	29		1		0.606	0.811	0.20
Pantothenic acid	mg	3.235	0.068	34		1		2.200	2.944	0.74
Vitamin B-6	_	0.345	0.007	31		1		0.235	0.314	0.07
Folate, total	_	50		0		1		34	45	11
Folic acid		0		0	Z	7		0	0	0
Folate, food		50		0		1		34	45	11
Folate, DFE		50		0	NC	4		34	45	11
Choline, total		167.8		0	BFSN	4		114.1	152.7	38.6
Betaine	_									
Vitamin B-12		3.99	0.327	17		1		2.72	3.63	0.92
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		709		0	NC	4		482	645	163
Retinol		709		0	NC	4		482	645	163
Carotene, beta	· -	1		0	BFFN	4		1	1	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	z	7		0	0	0
Vitamin A, IU		2365		0	NC	4		1608	2152	544
Lycopene		0		0	z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.01		0	BFFN	4		0.01	0.01	0.00
Vitamin E, added		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		11.0		0	NR	4		7.5	10.0	2.5
Vitamin D		440		0	T	4		299	400	101
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.0	0.0	0.0
Dihydrophylloquinone		- 		-				-	- • •	
Menaquinone-4										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.467 0 1 0.318 0.425 0.107 0.026 0.005 4 1 0.018 0.024 0.006 6:0.....g 0.006 0.001 0.004 0.005 0.001 0.001 5 1 0.005 0.006 0.002 8:0.....g 0.007 10:0.....g 0.017 0.003 5 1 0.012 0.015 0.004 0.005 5 12:0.....g 0.013 1 0.009 0.012 0.003 13:0.....g 0.005 5 0.078 1 0.053 0.071 0.018 14:0.....g 0.220 0.010 1 0.051 16:0 a 0.150 0.200 17:0.....g 0.080 0.003 5 1 0.054 0.073 0.018 18:0.....g 20:0.....g 24:0.....g 0.187 0 1 0.127 0.170 0.043 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.021 0.002 1 0.014 0.019 0.005 17:1.....g 0.036 18:1 undifferentiated......g 0.156 0.004 5 1 0.106 0.142 20:1.....g 0.000 0 1 0.000 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.028 0 1 0.019 0.025 0.006 0.018 0.004 5 0.012 0.016 0.004 18:2 undifferentiated......g 1 0.011 0.003 5 1 0.010 0.003 18:3 undifferentiated......g 0.007 18:4.....g 0.000 0 1 0.000 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated......g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 0.000 0 1 0.000 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Cholesterol....mg 1.853 8 1 12 Phytosterols....mg Amino Acids: Tryptophan.....g 0.495 0 1 0.337 0.450 0.114 Threonine.....g 1.584 0 1 1.077 1.441 0.364 Isoleucine.....g 2.124 0 1 1.444 1.933 0.489 3.438 0 1 2.338 3.129 0.791 Lysine.....g 2.784 0 1 1.893 2.533 0.640 Methionine.....g 0.880 0 1 0.598 0.801 0.202 Cystine.....g 0.325 0 1 0.221 0.296 0.075 1.694 0 1 1.152 1.542 0.390 Phenylalanine.....g 0 1 Tyrosine.....g 1.694 1.152 1.542 0.390 0 Valine.....g 2.349 1 1.597 2.138 0.540 0 Arginine.....g 1,271 1 0.864 1.157 0.292 0.952 0 1 0.647 0.866 0.219 Histidine......g 0 Alanine.....g 1,210 1 0.823 1.101 0.278 Aspartic acid......g 2.663 0 1 1.811 2.423 0.612 7.350 0 1 4.998 6.689 Glutamic acid.....g 1.691 Glycine.....g 0.743 0 1 0.505 0.676 0.171 0 1 2.312 Proline.....g 3,400 3.094 0.782 1 1.298 1.737 Serine.....g 1.909 0 0.439 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 0.0 Caffeine....mg z

Milk, dry, nonfat, instant, with added vitamin A and vitamin D

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Measure 3 = 23g: .333 cup (makes 1 cup reconstituted milk)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in	100 grams	s or ean	ne por no	<u>11</u>	Amount in edible portion of common			
				Num be	r			<u>m</u>	easures of fo	od	
						Source (Confidence				
Nutrients and Un	ite	Mean	Std Err	or Points			Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Wican	otu. Li i	01				Wicasure	Wiedsule 2	Wicasuic	
Proximates:											
Water	g	3.96	i	0		1		2.69	3.60		
Energy	kcal	358		0		4		243	326		
Energy	kJ	1498		0		4		1019	1363		
Protein (N x 6.38)	g	35.10)	0		1		23.87	31.94		
Total lipid (fat)	g	0.72	!	0		1		0.49	0.66		
Ash	g	8.03	1	0		1		5.46	7.31		
Carbohydrate, by difference	g	52.19)	0		4		35.49	47.49		
Fiber, total dietary	g	0.0		0		7		0.0	0.0		
Sugars, total	g	52.19)	0	BFZN	4		35.49	47.49		
Starch											
Minerals:_											
Calcium, Ca	-	1231		0		1		837	1120		
Iron, Fe		0.31		0		1		0.21	0.28		
Magnesium, Mg		117	1	.1.071 14		1 1		80	106		
Phosphorus, P		985 1705		0		1		670 1159	896 1552		
Potassium, K Sodium, Na	-	1705 549		0		1		373	500		
Zinc, Zn	-	4.41		0.124 10		1		3.00	4.01		
Copper, Cu	-	0.04		0.124 10		4		0.028	0.037		
Manganese, Mn		0.02		0		4		0.014	0.018		
Selenium, Se		27.3		2.950 9	A	1		18.6	24.8		
,						_		2000	2110		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	5.6		0		1		3.8	5.1		
Thiamin	-	0.41		0		1		0.281	0.376		
Riboflavin	-	1.74		0		1		1.186	1.587		
Niacin	-	0.89		0		1		0.606	0.811		
Pantothenic acid	-	3.23		0.068 34		1		2.196	2.939		
Vitamin B-6	-	0.34	:5	0.007 31		1		0.235	0.314		
Folate, total		50		0		4		34	46		
Folic acid		0		0	Z	7		0	0		
Folate, food		50		0		4		34	46		
Folate, DFE		50		0	NC	4		34	46		
Choline, total	-	167.8		0	BFZN	4		114.1	152.7		
Betaine	-	2.00		0 205 15				0.70	2 62		
Vitamin B-12		3.99 0.00		0.327 17 0	z	1 7		2.72 0.00	3.63 0.00		
Vitamin B-12, added		4	'	0	NC	4		3	4		
Vitamin A, RAE		4		0	T	4		3	4		
100110111111111111111111111111111111111	· -	1		0	BFZN	4		1	1		
Carotene, beta		0		0	Z Z	7		0	0		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta Vitamin A, IU		15		0	NC	4		10	14		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	z	, 7		0	0		
Vitamin E (alpha-tocopherol)		0.01		0	BFZN	4		0.01	0.01		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		3.00		J	-	•		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0		0	z	7		0	0		
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0		
Dihydrophylloquinone											
Menaquinone-4											

	<u>A</u>	mou	nt in 100 g	rams	of edi	ble portior	<u>1</u>	Amount in e	dible portion	of common
			Nu	mber	•			'	easures of foc	
						Source C	onfidence			
Nutrients and Units	Mean	Sto	d. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 0.	470		0		1		0.320	0.428	
4:0	g 0.	026	0.005	4		1		0.018	0.024	
6:0	0	006	0.001			1		0.004	0.005	
8:0	0	007	0.001			1		0.005	0.006	
10:0	-	017	0.003			1		0.012	0.015	
12:0 13:0	-	013	0.005	5		1		0.009	0.012	
14:0	-	078	0.005	5		1		0.053	0.071	
15:0	-		******			_		0.055	0.071	
16:0	-	220	0.010	5		1		0.150	0.200	
17:0	g									
18:0	0	080	0.003	5		1		0.054	0.073	
20:0	. •									
22:0										
24:0Fatty acids, total monounsaturated		190		0		1		0.129	0.173	
14:1				·		-		0.123	0.175	
15:1										
16:1 undifferentiated	.g 0.	021	0.002	5		1		0.014	0.019	
17:1										
18:1 undifferentiated		156	0.004			1		0.106	0.142	
20:1		000		0		4		0.000	0.000	
22:1 undifferentiated	-	000		0		4		0.000	0.000	
24:1 cFatty acids, total polyunsaturated	-	030		0		1		0.020	0.027	
18:2 undifferentiated		018	0.004			1		0.012	0.016	
18:3 undifferentiated	-	011	0.003			1		0.007	0.010	
18:4	g 0.	000		0		4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	-									
20:4 undifferentiated		000		0		1		0.000	0.000	
20:5 n-3 (EPA) 21:5	-	000		0		4		0.000	0.000	
22:4	-									
22:5 n-3 (DPA)	-	000		0		4		0.000	0.000	
22:6 n-3 (DHA)	-	000		0		4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol				0		1		12	16	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0.	495		0		1		0.337	0.450	
Threonine	g 1.	584		0		1		1.077	1.441	
Isoleucine	0	124		0		1		1.444	1.933	
Leucine	0	438		0		1		2.338	3.129	
Lysine	0	784 880		0		1 1		1.893 0.598	2.533	
Methionine Cystine		325		0		1		0.398	0.801 0.296	
Phenylalanine		694		0		1		1.152	1.542	
Tyrosine		694		0		1		1.152	1.542	
Valine	-	349		0		1		1.597	2.138	
Arginine	g 1.	271		0		1		0.864	1.157	
Histidine	g 0.	952		0		1		0.647	0.866	
Alanine	0	210		0		1		0.823	1.101	
Aspartic acid		663		0		1		1.811	2.423	
Glutamic acid	0	350		0		1		4.998	6.689	
Glycine		743 400		0		1 1		0.505 2.312	0.676	
Proline Serine		909		0		1		1.298	3.094 1.737	
Hydroxyproline		,,,		Ū		-		1.270	1.757	
Others:	2	^		^		7		0.0		
Alcohol, ethyl	-	U		0	z	7 7		0.0	0.0	
Caffeine	.,9 0			U	Z	,		U	U	

Milk, dry, nonfat, instant, without added vitamin A and vitamin D

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 cup

Measure 2 = 91g: 1 envelope (1-1/3 cup)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		AIII	ount in	100 gran	<u>011</u>	Amount in edible portion of common				
				Numb	er			<u>m</u>	easures of fo	od_
						Source	Confidence			
Nutrients and Uni	ite	Mean	Std Er	ror Poin			Code	Measure 1	Measure 2	Measure 3
Nati lents and on		Mean	Old. L	101				Wedsure 1	Micasure 2	weasure .
Proximates:										
Water	g	3.1	5	(1		0.95	3.79	
Energy	kcal	362		(NC	4		109	435	
Energy	kJ	1516		(4		455	1819	
Protein (N x 6.38)	g	36.1	5	(1		10.85	43.39	
Total lipid (fat)	g	0.7	7	(1		0.23	0.92	
Ash	g	7.9	3	(1		2.38	9.52	
Carbohydrate, by difference	g	51.9	3	(NC	4		15.59	62.38	
Fiber, total dietary	g	0.0		(4		0.0	0.0	
Sugars, total	g	51.9	3	(BFZN	4		15.59	62.38	
Starch										
N. 6 1										
Minerals:										
Calcium, Ca	-	1257	•	(1		377	1508	
Iron, Fe		0.3	4	2 072 (1 1		0.10	0.38	
Magnesium, Mg	-	110		3.072		1		33	132	
Phosphorus, P		968 1794		(1		290 538	1162 2153	
Potassium, K		535		(1		161	642	
Zinc, Zn	-	4.0		0.108		1		1.22	4.90	
Copper, Cu	-	0.0		0.100		1		0.012	0.049	
Manganese, Mn		0.0		(1		0.002	0.024	
Selenium, Se		27.3		2.950		1		8.2	32.8	
,				_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		_			52.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	6.8		(1		2.0	8.1	
Thiamin	-	0.4		(1		0.125	0.498	
Riboflavin	-	1.5		(1		0.465	1.860	
Niacin	-	0.9		(1		0.285	1.141	
Pantothenic acid	-	3.5		0.075 1		1		1.070	4.282	
Vitamin B-6	-	0.3	51	0.015 2		1		0.108	0.433	
Folate, total		50		(1		15	60	
Folic acid		0		(7		0	0	
Folate, food		50		(1		15	60	
Folate, DFE		50		(4		15	60	
Choline, total	-	169.2		(BFZN	4		50.8	203.0	
Betaine	-		_		_	_				
Vitamin B-12		4.0		0.348 1		1		1.21	4.84	
Vitamin B-12, added		0.0	J	(7		0.00	0.00	
Vitamin A, RAE		653		(4		196 196	784	
Retinol		653		(-			784	
Carotene, beta		1 0		(4 7		0 0	1 0	
Carotene, alpha		0		(7		0	0	
Cryptoxanthin, beta		2179		(NC	4		654	2614	
Vitamin A, IU		0		(7		0	2614	
LycopeneLutein + zeaxanthin		0		(7		0	0	
Vitamin E (alpha-tocopherol)		0.0	1	(, 7		0.00	0.00	
Vitamin E, added		0.0		(, 7		0.00	0.00	
Tocopherol, beta		0.0	-	,	4	,		0.00	3.00	
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		11.0		(AS	1		3.3	13.2	
Vitamin D		440				4		132	528	
Vitamin K (phylloquinone)		0.1				4		0.0	0.1	
Dihydrophylloquinone		***		`		-		- 7 -	J•±	
Menaquinone-4										

	Am	oun	t in 100 gr	ams	of edil	ble portion	<u>n</u>		dible portion	_
				n be r				<u>m</u>	easures of foo	<u>oa</u>
							onfidence			
Nutrients and Units	Mean	Std.	.Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturatedg	0.4	aa		0		1		0.150	0.599	
4:0g	0.0		0.005	4		1		0.008	0.034	
6:0	0.0		0.001	4		1		0.002	0.007	
8:0g	0.0	07	0.001	5		1		0.002	0.008	
10:0g	0.0	18	0.003	5		1		0.005	0.022	
12:0g	0.0	14	0.005	5		1		0.004	0.017	
13:0g										
14:0g	0.0	83	0.005	5		1		0.025	0.100	
15:0g 16:0g	0.2	35	0.010	5		1		0.071	0.282	
17:0g	0.2	33	0.010	,		_		0.071	0.262	
18:0g	0.0	85	0.003	5		1		0.026	0.102	
20:0g										
22:0g										
24:0g										
Fatty acids, total monounsaturatedg	0.2	00		0		1		0.060	0.240	
14:1g										
15:1g 16:1 undifferentiatedg	0.0	22	0.002	5		1		0.007	0.026	
16:1 undifferentiatedg 17:1g	0.0	22	0.002	5		1		0.007	0.026	
18:1 undifferentiatedg	0.1	67		0		1		0.050	0.200	
20:1g	0.0			0		1		0.000	0.000	
22:1 undifferentiatedg	0.0			0		1		0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.0	30		0		1		0.009	0.036	
18:2 undifferentiatedg	0.0			0		1		0.006	0.023	
18:3 undifferentiated	0.0		0.003	5		1		0.003	0.013	
18:4g	0.0	00		0		1		0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg 20:4 undifferentiatedg	0.0	00		0		1		0.000	0.000	
20:5 n-3 (EPA)g	0.0			0		1		0.000	0.000	
21:5										
22:4g										
22:5 n-3 (DPA)g	0.0	00		0		1		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterolmg	20			0		1		6	24	
Phytosterolsmg										
Amino Acids:										
Tryptophang	0.5	10		0		1		0.153	0.612	
Threonineg	1.6			0		1		0.490	1.958	
Isoleucineg	2.1			0		1		0.656	2.626	
Leucineg	3.5			0		1		1.063	4.250	
Lysineg	2.8			0		1		0.860	3.442	
Methionineg	0.9 0.3			0		1 1		0.272 0.100	1.088	
Cystineg Phenylalanineg	1.7			0		1		0.100	0.401 2.095	
Tyrosine9	1.7			0		1		0.524	2.095	
Valineg	2.4			0		1		0.726	2.904	
Arginineg	1.3			0		1		0.393	1.571	
Histidineg	0.9	81		0		1		0.294	1.177	
Alanineg	1.2	47		0		1		0.374	1.496	
Aspartic acidg	2.7			0		1		0.823	3.292	
Glutamic acidg	7.5			0		1		2.272	9.086	
Glycineg	0.7			0		1		0.230	0.918	
Prolineg	3.5			0		1		1.051	4.204	
Serine	1.9	67		0		1		0.590	2.360	
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0			0		7		0.0	0.0	
Caffeinemg	0			0	Z	7		0	0	

Milk, dry, nonfat, regular, with added vitamin A and vitamin D

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .25 cup Measure 2 = 120g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am o</u>	unt in 100 gra	ms of ed	ible portic	<u>on</u>	Amount in edible portion of common			
			Num I	per			measures of food			
					Source	Confidence			<u>.</u>	
Nutrients and Uni	ts	Mean S	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Proximates:	~	2.16	0.001.3	00			0.05		0 50	
Water		3.16	0.021 3		1 ! 4		0.95	3.79	0.73	
Energy		362		0 NC			109	435	83	
Energy		1516		0	4 1		455	1819	349	
Protein (N x 6.38)		36.16	0.081 1				10.85	43.39	8.32	
Total lipid (fat)		0.77	0.009 3	04	1 1		0.23	0.92	0.18	
Ash	-	7.93					2.38	9.52	1.82	
Carbohydrate, by difference		51.98 0.0		0 NC	: 4 4		15.59	62.38	11.96 0.0	
Fiber, total dietary							0.0	0.0		
Sugars, total	-	51.98		0 NF	. 4		15.59	62.38	11.96	
Starch	9									
Minerals:										
Calcium, Ca	-	1257	30.776		1		377	1508	289	
Iron, Fe	-	0.32		6	1		0.10	0.38	0.07	
Magnesium, Mg		110	3.072		1		33	132	25	
Phosphorus, P		968	25.372		1		290	1162	223	
Potassium, K	-	1794	3.503 24		1		538	2153	413	
Sodium, Na	-	535		6	1		161	642	123	
Zinc, Zn	-	4.08		7 0	1 1		1.22	4.90	0.94	
Copper, Cu		0.041 0.020		0	1		0.012 0.006	0.049 0.024	0.00	
Manganese, Mn Selenium, Se		27.3		0 9 A	1		8.2	32.8	6.3	
,	µg	27.3	2.953	9 A	1		8.2	32.8	6.3	
Vitamins:										
Vitamin C, total ascorbic acid	-	6.8		L 4	1		2.0	8.1	1.6	
Thiamin	-	0.415			1		0.125	0.498	0.09	
Riboflavin	-	1.550			1		0.465	1.860	0.35	
Niacin	-	0.951			1 1		0.285	1.141	0.21	
Pantothenic acid		3.568 0.361			1		1.070 0.108	4.282	0.82	
Vitamin B-6	-	50		0	1		15	0.433 60	12	
Folia acid		0		0 0 z	7		0	0	0	
Folic acidFolate, food		50		0 2	1		15	60	12	
Folate, DFE		50		0 NC	4		15	60	12	
Choline, total		169.2		0 BFS			50.8	203.0	38.9	
Betaine	-	103.2		O DFD.			30.0	203.0	30.9	
Vitamin B-12		4.03	0.348	5	1		1.21	4.84	0.93	
Vitamin B-12, added		0.00		0 z	7		0.00	0.00	0.00	
Vitamin A, RAE		6		0 NC	4		2	7	1	
Retinol		6		0 NC	4		2	7	1	
Carotene, beta		1		0 BFF	N 4		0	1	0	
Carotene, alpha		0		0 z	7		0	0	0	
Cryptoxanthin, beta		0		0 z	7		0	0	0	
Vitamin A, IU		22		0 NC	4		7	26	5	
Lycopene		0		0 z	7		0	0	0	
Lutein + zeaxanthin		0		0 Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		1 A	1		0.00	0.00	0.00	
Vitamin E, added	mg	0.00		0 z	7		0.00	0.00	0.00	
Tocopherol, beta	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocopherol, gamma	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocopherol, delta	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocotrienol, alpha	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocotrienol, beta	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocotrienol, gamma	mg	0.00		1 A	1		0.00	0.00	0.00	
Tocotrienol, delta	mg	0.00		1 A	1		0.00	0.00	0.00	
Vitamin D (D2 + D3)	µg	0.0		0 z	7		0.0	0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)		0.0		0 z	7		0.0	0.0	0.0	
Vitamin D		0		0 z	7		0	0	0	

	<u>Am our</u>	nt in 100 gra	ms of edi	ble portion	Amount in e	dible portion	of common
		Numi	201			easures of foo	
				Source Confidence			
Nutrients and Units	Mean Std	. Error Poir			Measure 1	Measure 2	Measure 3
Dibada shallani sana							
Dihydrophylloquinone							
•							
Lipids:	0.499		0	1	0.150	0.599	0.115
Fatty acids, total saturated	0.028		4	1	0.008	0.034	0.006
6:0g	0.006		4	1	0.002	0.007	0.001
8:0g	0.007	0.001	5	1	0.002	0.008	0.002
10:0g	0.018	0.003	5	1	0.005	0.022	0.004
12:0g	0.014	0.005	5	1	0.004	0.017	0.003
13:0g 14:0g	0.083	0.005	5	1	0.025	0.100	0.019
14:0g	0.083	0.005	5	1	0.025	0.100	0.019
16:0	0.235	0.010	5	1	0.071	0.282	0.054
17:0g							
18:0g	0.085	0.003	5	1	0.026	0.102	0.020
20:0g							
22:0g							
24:0g Fatty acids, total monounsaturatedg	0.201		0	1	0.060	0.241	0.046
14:1					0.000	****	
15:1g							
16:1 undifferentiatedg	0.022	0.002	5	1	0.007	0.026	0.005
17:1g	0.445		_				
18:1 undifferentiated	0.167		5 0	1 1	0.050 0.000	0.200 0.000	0.038
20:1	0.000 0.000		0	1	0.000	0.000	0.000
24:1 cg	0.000			-	0.000	0.000	0.000
Fatty acids, total polyunsaturated	0.030		0	1	0.009	0.036	0.007
18:2 undifferentiatedg	0.019	0.004	5	1	0.006	0.023	0.004
18:3 undifferentiatedg	0.011		5	1	0.003	0.013	0.003
18:4g	0.000		0	1	0.000	0.000	0.000
20:2 n-6 c,c							
20:4 undifferentiatedg	0.000		0	1	0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000		0	1	0.000	0.000	0.000
21:5g							
22:4g							
22:5 n-3 (DPA)g	0.000 0.000		0 0	1 1	0.000	0.000	0.000
22:6 n-3 (DHA)	0.000		U	1	0.000	0.000	0.000
Cholesterolmg	20		0	1	6	24	5
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.510		0	1	0.153	0.612	0.117
Threonineg	1.632		0	1	0.490	1.958	0.375
Isoleucineg	2.188		0	1	0.656	2.626	0.503
Leucineg	3.542		0	1	1.063	4.250	0.815
Lysineg	2.868		0 0	1 1	0.860	3.442	0.660
Methionine	0.907 0.334		0	1	0.272 0.100	1.088 0.401	0.209 0.077
Phenylalanineg	1.746		0	1	0.524	2.095	0.402
Tyrosineg	1.746		0	1	0.524	2.095	0.402
Valineg	2.420		0	1	0.726	2.904	0.557
Arginineg	1.309		0	1	0.393	1.571	0.301
Histidine	0.981		0	1	0.294	1.177	0.226
Alanine	1.247 2.743		0 0	1 1	0.374 0.823	1.496 3.292	0.287 0.631
Aspartic acid	7.572		0	1	2.272	9.086	1.742
Glycineg	0.765		0	1	0.230	0.918	0.176
Prolineg	3.503		0	1	1.051	4.204	0.806
Serineg	1.967		0	1	0.590	2.360	0.452
Hydroxyprolineg							

	<u>Am</u>	ount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				onfidence Code	Measure 1	Measure 2	Measure 3
Others: Alcohol, ethylg	0.0		0		7		0.0	0.0	0.0
Caffeinemg Theobrominemg	0		0	z z	7 7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: .25 cup Measure 2 = 120g: 1 cup Measure 3 = 23g: 5 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am ou</u>	nt in 100 gı	ram s	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber	r			m	easures of fo	od	
						Source (Confidence	_			
Nutrients and Ur	nits	Mean St	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
Proximates:	σ.	2.47	0.130	25		1		0.79	2.16		
Water	-	496	0.130	25 0	NC	4		159	3.16		
Energy				0	NC	4			635		
Energy		2075		-		_		664	2656		
Protein (N x 6.38)		26.32	0.175			1		8.42	33.69		
Total lipid (fat)	-	26.71	0.250	30		1		8.55	34.19		
Ash	_	6.08	0.092			1		1.95	7.78		
Carbohydrate, by difference	g	38.42		0	NC	4		12.29	49.18		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	38.42		0	NR	4		12.29	49.18		
Starch	g										
Minerals:											
Calcium, Ca	_	912	17.766			1		292	1168		
Iron, Fe		0.47	0.065			1		0.15	0.60		
Magnesium, Mg		85	1.465			1		27	108		
Phosphorus, P	_	776	14.251			1		248	993		
Potassium, K	•	1330	41.231			1		426	1702		
Sodium, Na	_	371	15.131			1		119	475		
Zinc, Zn		3.34		1		1		1.07	4.28		
Copper, Cu	_	0.080		0		1		0.026	0.102		
Manganese, Mn	mg	0.040		0		1		0.013	0.051		
Selenium, Se	µg	16.3		0	BFNN	4		5.2	20.9		
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.6	0.454	11		1		2.8	11.1		
Thiamin	mg	0.283	0.016	18		1		0.091	0.362		
Riboflavin	mg	1.205	0.031	23		1		0.386	1.542		
Niacin	mg	0.646	0.024	22		1		0.207	0.827		
Pantothenic acid	mg	2.271	0.086	20		1		0.727	2.907		
Vitamin B-6	mg	0.302	0.028	41		1		0.097	0.387		
Folate, total	µg	37		0		1		12	47		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	37		0		1		12	47		
Folate, DFE	μg	37		0	NC	4		12	47		
Choline, total		119.3		0	BFSN	4		38.2	152.8		
Betaine	_										
Vitamin B-12	_	3.25	0.289	31		1		1.04	4.16		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		258		0	NC	4		82	330		
Retinol		253		0	NC	4		81	324		
Carotene, beta		55		0	BFFN	4		17	70		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU		934		0	NC	4		299	1196		
Lycopene		0		0	z	7		0	0		
Lutein + zeaxanthin		0		0	Z	, 7		0	0		
Vitamin E (alpha-tocopherol)		0.58		0	BFFN	4		0.19	0.74		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta		0.00		J	- 4	,		0.00	0.00		
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	_										
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		10.5		0	AS	1		3.4	13.4		
Vitamin D		420		0	BFFN	4		134	537		
		2.2		0	BFFN	4		0.7	2.8		
Vitamin K (phylloquinone)		2.2		J	DFFN	4		0.7	2.0		
Dihydrophylloquinone											
Menaquinone-4	µg										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 16.742 0 1 5.357 21.430 4:0......g 0.866 1 1 0.277 1.108 6:0.....g 0.240 2 0.077 0.307 2 0.269 1 0.086 0.344 8:0.....g 10:0.....g 0.596 2 1 0.191 0.763 0.614 2 1 0.196 0.786 12:0.....g 13:0.....g 2 2.820 1 0.902 3.610 14:0.....g 7.522 1 2,407 16·0 a 9.628 17:0.....g 2.853 1 0.913 3.652 18:0.....g 20:0.....g 24:0.....g 7.924 0 1 2.536 10.143 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 1.196 1 0.383 1.531 17:1.....g 2 1 18:1 undifferentiated......g 6.192 1.981 7.926 0.000 20:1.....g 0.000 0 1 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.665 0 1 0.213 0.851 0.460 2 0.589 18:2 undifferentiated....... 1 0.147 0.204 2 1 0.065 0.261 18:3 undifferentiated......g 0.000 18:4.....g 0 1 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 1 20:5 n-3 (EPA)......g 0.000 0.000 21:5.....g 22:4....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 2 1 31 124 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.371 0 0.119 0.475 1 Threonine.....g 1.188 0 1 0.380 1.521 Isoleucine.....g 1.592 0 1 0.509 2.038 Leucine.....g 2.578 0 1 0.825 3.300 0 0.668 Lysine.....g 2.087 1 2.671 Methionine.....g 0.660 0 1 0.211 0.845 Cystine.....g 0.243 0 1 0.078 0.311 0 0.407 Phenylalanine.....g 1.271 1.627 0 1 0.407 Tyrosine.....g 1.271 1,627 0 Valine.....g 1.762 1 0.564 2.255 0 1 0.305 1.220 Arginine.....g 0.953 Histidine.....g 0.714 0 1 0.228 0.914 0 1 Alanine.....g 0.908 0.291 1.162 Aspartic acid......g 1.997 0 1 0.639 2.556 1.764 5.512 0 1 7.055 Glutamic acid.....g 0.557 0 1 0.178 0.713 1 2.549 0 0.816 Proline.....g 3.263 1 0.458 1.833 Serine.....g 1.432 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 z Caffeine....mg

NDB No. 01090 Milk, dry, whole, with added vitamin D

Number of Data Deriv Source Confidence
Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: .25 cup Measure 2 = 128g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am ou</u>	nt in 100 gr	ams	ot edil	oie portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber				<u>m</u>	easures of fo	<u>od</u>	
			of	Data	Deriv	Source (Confidence				
Nutrients and Un	its	Mean Sto	d. Error Po				Code	Measure 1	Measure 2	Measure 3	
nan ionio ana on								mododio i	modouro 2	in ododi o c	
Proximates:											
Water	g	2.47	0.130	25		1		3.16	0.79		
Energy	kcal	496		0	NC	4		635	159		
Energy	kJ	2075		0	NC	4		2656	664		
Protein (N x 6.38)	g	26.32	0.175	22		1		33.69	8.42		
Total lipid (fat)	g	26.71	0.250	30		1		34.19	8.55		
Ash	g	6.08	0.092	20		1		7.78	1.95		
Carbohydrate, by difference	g	38.42		0	NC	4		49.18	12.29		
Fiber, total dietary	g	0.0		0		4		0.0	0.0		
Sugars, total	g	38.42		0	NR	4		49.18	12.29		
Starch	g										
Minerals:											
Calcium, Ca	ma	912	17.766	18		1		1168	292		
Iron, Fe	_	0.47	0.065			1		0.60	0.15		
Magnesium, Mg	_	85	1.465			1		108	27		
Phosphorus, P		776	14.251			1		993	248		
Potassium, K		1330	41.231	15		1		1702	426		
Sodium, Na	<u>mg</u>	371	15.131	7		1		475	119		
Zinc, Zn	mg	3.34		1		1		4.28	1.07		
Copper, Cu	mg	0.080		0		1		0.102	0.026		
Manganese, Mn	mg	0.040		0		1		0.051	0.013		
Selenium, Se	µg	16.3		0	BFNN	4		20.9	5.2		
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.6	0.454	11		1		11.1	2.8		
Thiamin	_	0.283	0.016	18		1		0.362	0.091		
Riboflavin	_	1.205	0.031	23		1		1.542	0.386		
Niacin	_	0.646	0.024	22		1		0.827	0.207		
Pantothenic acid	mg	2.271	0.086	20		1		2.907	0.727		
Vitamin B-6	mg	0.302	0.028	41		1		0.387	0.097		
Folate, total	µg	37		0		1		47	12		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	37		0		1		47	12		
Folate, DFE	µg	37		0	NC	4		47	12		
Choline, total	mg	117.4		0	BFSN	4		150.3	37.6		
Betaine	mg										
Vitamin B-12	µg	3.25	0.289	31		1		4.16	1.04		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE	µg	258		0	NC	4		330	82		
Retinol	µg	253		0	NC	4		324	81		
Carotene, beta		55		0	BFFN	4		70	17		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		934		0	NC	4		1196	299		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.58		0	BFFN	4		0.74	0.19		
Vitamin E, added		0.00		0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta		0 5		^	3.0	1		0.6	0 0		
Vitamin D (D2 + D3)		0.5		0	AS	1		0.6	0.2		
Vitamin D		20		0	BFFN	4		25	6		
Vitamin K (phylloquinone) Dihydrophylloquinone		2.2		0	BFFN	4		2.8	0.7		
Lithrideophylloguinopo	ua										

	<u> </u>	moun	t in 100	0 grams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common
				Number					easures of foo	•
						Source C	onfidence			
Nutrients and Units	Mean	Std.	Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 16	.742		0		1		21.430	5.357	
4:0	•	.866		1		1		1.108	0.277	
6:0		.240		2		1		0.307	0.077	
8:0	0	.269 .596		2 2		1 1		0.344 0.763	0.086	
10:0 12:0	-	.614		2		1		0.786	0.191 0.196	
13:0	-			-		-		0.700	0.130	
14:0	-	.820		2		1		3.610	0.902	
15:0	9									
16:0	5	.522		2		1		9.628	2.407	
17:0	-					_		2 450		
18:0 20:0	0	.853		2		1		3.652	0.913	
22:0										
24:0										
Fatty acids, total monounsaturated	g 7	.924		0		1		10.143	2.536	
14:1										
15:1	-					_				
16:1 undifferentiated		.196		2		1		1.531	0.383	
18:1 undifferentiated		.192		2		1		7.926	1.981	
20:1		.000		0		1		0.000	0.000	
22:1 undifferentiated	-	.000		0		1		0.000	0.000	
24:1 c	9									
Fatty acids, total polyunsaturated	0	.665		0		1		0.851	0.213	
18:2 undifferentiated	-	.460		2		1		0.589	0.147	
18:3 undifferentiated		.204		2 0		1 1		0.261	0.065	
18:4 20:2 n-6 c.c	-	.000		U		1		0.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated	-	.000		0		1		0.000	0.000	
20:5 n-3 (EPA)	g 0	.000		0		1		0.000	0.000	
21:5	-									
22:4						_				
22:5 n-3 (DPA) 22:6 n-3 (DHA)	0	.000		0		1 1		0.000	0.000	
Fatty acids, total trans	0	.000		Ū		-		0.000	0.000	
Cholesterol				2		1		124	31	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q 0	.371		0		1		0.475	0.119	
Threonine		.188		0		1		1.521	0.380	
Isoleucine	g 1	.592		0		1		2.038	0.509	
Leucine	0	.578		0		1		3.300	0.825	
Lysine	0	.087		0		1		2.671	0.668	
Methionine	0	.660 .243		0		1 1		0.845 0.311	0.211 0.078	
CystinePhenylalanine	0	.243		0		1		1.627	0.407	
Tyrosine		.271		0		1		1.627	0.407	
Valine		.762		0		1		2.255	0.564	
Arginine		.953		0		1		1.220	0.305	
Histidine		.714		0		1		0.914	0.228	
Alanine	0	.908		0		1		1.162	0.291	
Aspartic acid		.997		0		1		2.556	0.639	
Glucino	0	.512 .557		0		1 1		7.055 0.713	1.764 0.178	
Glycine		.549		0		1		3.263	0.178	
Serine	0	.432		0		1		1.833	0.458	
Hydroxyproline	0									
Others:										
Alcohol, ethyl	q 0	. 0		0	Z	7		0.0	0.0	
Caffeine				0	Z	7		0	0	

Milk, dry, whole, without added vitamin D

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Mean

Code

Measure 1

Measure 3

0

Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cupMeasure 2 = 32g: .25 cup

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amou	ınt in 100 g	ram s	or ean	ole portior	<u>1</u>	Amount in e	dible portion	of common
			Nu	m be	r				easures of fo	
						Source C	onfidence	_		
Nutrients and Un	ito	Mean St	d. Error P			Code	Code	Magaura 1	Measure 2	Measure 3
Nutrients and On	11.5	Weari St	.u. 🗀 101 ·	Oiiito	Oouc	Oouc	Oouc	Measure 1	WedSure 2	wedsure .
Proximates:										
Water	g	74.04	0.085	15		1		186.58	23.32	273.21
Energy	kcal	107		0	NC	4		270	34	395
Energy	kJ	448		0	NC	4		1129	141	1653
Protein (N x 6.38)	g	6.67		0		8		16.80	2.10	24.60
Total lipid (fat)	g	2.00		0		8		5.04	0.63	7.38
Ash	g	1.55	0.023	3 5		1		3.91	0.49	5.72
Carbohydrate, by difference	g	15.74		0	NC	4		39.67	4.96	58.09
Fiber, total dietary	g	0.0		0		8		0.0	0.0	0.0
Sugars, total	g	6.67		0		8		16.80	2.10	24.60
Starch	g									
Minerals:										
Calcium, Ca	mg	267		0		8		672	84	984
Iron, Fe	mg	0.19	0.011	L 59		1		0.48	0.06	0.70
Magnesium, Mg	mg	24	0.716	5 6		1		61	8	89
Phosphorus, P		203	8.254			1		510	64	747
Potassium, K		303	8.691			1		764	95	1118
Sodium, Na	-	100		0		8		252	32	369
Zinc, Zn		0.77	0.027			1		1.94	0.24	2.84
Copper, Cu		0.016		0		1		0.040	0.005	0.05
Manganese, Mn		0.006	0.000	0	_	1		0.015	0.002	0.02
Selenium, Se	µg	2.3	0.280) 13	A	1		5.8	0.7	8.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		0		8		40.3	5.0	59.0
Thiamin	mg	0.047	0.002	2 42		1		0.118	0.015	0.17
Riboflavin	mg	0.316	0.006			1		0.796	0.100	1.16
Niacin	-	0.194	0.010			1		0.489	0.061	0.71
Pantothenic acid	-	0.638	0.032			1		1.608	0.201	2.35
Vitamin B-6	-	0.050	0.002			1		0.126	0.016	0.18
Folate, total		8		1	_	1		20	2	29
Folic acid		0		0	Z	7 1		0	0 2	0
Folate, food		8 8		1 0	NC	4		20		29
Folate, DFE		-		0	BFFN	4		20	2	29
Choline, total	•	16.6		U	BFFN	4		41.8	5.2	61.2
Betaine Vitamin B-12		0.16	0.015	5 9		1		0.41	0.05	0.60
Vitamin B-12, added		0.00	0.01.	0	z	7		0.00	0.00	0.00
Vitamin A, RAE		56		0	NC	4		141	18	207
Retinol		56		0	BFFN	4		140	18	205
Carotene, beta	· -	4		0	BFFN	4		10	1	15
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		192		0	NC	4		484	61	709
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.18		0	NR	4		0.45	0.06	0.66
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta		4.0		^	3770	4		10 1		14.0
Vitamin D (D2 + D3)		4.0		0	NR	4		10.1	1.3	14.8
Vitamin D		160 0.2		0	BFFN	8 4		403 0.4	50	590
Vitamin K (phylloquinone)		0.2		U	BFFN	*		0.4	0.1	0.7
Dihydrophylloquinone	µy									

	<u>A</u>	mou	nt in 100	grams	of edi	ble portion	Amount in	edible portion o	of common
			N	um be				easures of foo	
Nutrients and Units	Mean	Ste		of Data	Deriv	Source Confidence Code Code	e Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturated		204		0	NC	4	3.035	0.379	4.443
4:0 6:0		054 037		1 1		1	0.137 0.094	0.017 0.012	0.200 0.137
8:0	-	015		2		1	0.038	0.005	0.055
10:0	.g 0.	031	0.01	L7 11		1	0.077	0.010	0.113
12:0	.0	045	0.01	L5 12		1	0.113	0.014	0.165
13:0 14:0	_	204	0.03	35 12		1	0.513	0.064	0.751
15:0	.5	201	0.03	,, 12		-	0.313	0.004	0.751
16:0	_	563	0.06	50 12		1	1.419	0.177	2.078
17:0	•								
18:0	.0	256	0.02	27 12		1	0.645	0.081	0.944
20:0 22:0	-								
24:0	_								
Fatty acids, total monounsaturated	.g 0.	628		0	NC	4	1.582	0.198	2.317
14:1									
15:1	•	044	0 01	L2 12		1	0.111	0.014	0.163
17:1	•	011	0.01	12 12		_	0.111	0.014	0.103
18:1 undifferentiated	-	584	0.04	19 12		1	1.471	0.184	2.154
20:1	.g 0.	000		0		1	0.000	0.000	0.000
22:1 undifferentiated	•	000		0		1	0.000	0.000	0.000
24:1 c	_	068		0	NC	4	0.172	0.021	0.251
Fatty acids, total polyunsaturated	. •	046	0.01	L7 12	NC	1	0.172	0.021	0.231
18:3 undifferentiated		022		2		1	0.055	0.007	0.080
18:4	.g 0.	000		0		1	0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated		000		0		1	0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3 (EPA)		000		0		1	0.000	0.000	0.000
21:5				•		_	0.000	0.000	
22:4	.g								
22:5 n-3 (DPA)	.0	000		0		1	0.000	0.000	0.000
22:6 n-3 (DHA)		000		0		1 8	0.000	0.000 0.000	0.000
Fatty acids, total trans	.0	000		0		8	0.000	0.000	0.000
Phytosterols				·		· ·	· ·	· ·	· ·
Amino Acids: Tryptophan	g 0.	096		0		1	0.242	0.030	0.354
Threonine	.0	307		0		1	0.774	0.097	1.133
Isoleucine		412		0		1	1.038	0.130	1.520
Leucine	•	667		0		1	1.681	0.210	2.461
Lysine	•	540		0		1 1	1.361	0.170	1.993
Methionine Cystine	•	171 063		0		1	0.431 0.159	0.054 0.020	0.631 0.232
Phenylalanine	. 0	329		0		1	0.829	0.104	1.214
Tyrosine		329		0		1	0.829	0.104	1.214
Valine	•	456		0		1	1.149	0.144	1.683
Arginine	•	247		0		1	0.622	0.078	0.911
HistidineAlanine	-	185 235		0		1 1	0.466 0.592	0.058 0.074	0.683 0.867
Aspartic acid	_	517		0		1	1.303	0.163	1.908
Glutamic acid	_	426		0		1	3.594	0.449	5.262
Glycine	•	144		0		1	0.363	0.045	0.531
Proline	•	660		0		1	1.663	0.208	2.435
Serine	•	370		0		1	0.932	0.117	1.365
	.⊎								
Others:	2 2	^		^		7	2 2	0.0	2 2
Alcohol, ethyl Caffeine	_	U		0	z	7 7	0.0 0	0.0 0	0.0 0
C41101110				•	_	•	•	•	•

Milk, evaporated, 2% fat, with added vitamin A and vitamin D

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 31.5g: 1 fl oz

Measure 3 = 369g: 1 can (13 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		An	ount				ble portio	<u>n</u>		edible portion easures of fo	
					nber				<u>m</u>	<u> </u>	<u> </u>
								Confidence			
Nutrients and Ur	nits	Mean	Std. E	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	87.6	7		0		1		213.91	855.66	
Energy	kcal	63			0	NC	4		154	616	
Energy	kJ	264					4		645	2579	
Protein (N x 6.38)	g	3.3	3		0		1		8.13	32.50	
Total lipid (fat)	g	3.4	6	0.078	9		1		8.44	33.77	
Ash	g	0.8	0		0		1		1.95	7.81	
Carbohydrate, by difference	g	4.7	4		0	NC	4		11.57	46.26	
Fiber, total dietary	g	0.0			0		4		0.0	0.0	
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	<u>m</u> g	128			0		1		312	1247	
Iron, Fe	•	0.0	5		0		1		0.12	0.49	
Magnesium, Mg		13			0		1		32	130	
Phosphorus, P	_	97			0		1		236	946	
Potassium, K	_	139			0		1		339	1357	
Sodium, Na	_	57			0		1		138	553	
Zinc, Zn	•	0.3			0		1		0.88	3.51	
Copper, Cu		0.0			0		1		0.024	0.098	
Manganese, Mn Selenium, Se	_	0.0			0	BFNN	1 4		0.005 4.9	0.020 19.5	
*	µу	2.0			U	DF NN	-		4.5	19.3	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	0.9			0		1		2.2	8.8	
Thiamin	_	0.0			0		1		0.073	0.293	
Riboflavin	_	0.1			0		1		0.300	1.200	
Niacin		0.0			0		1		0.212	0.849	
Pantothenic acid	_	0.3			0		1 1		0.734	2.938	
Vitamin B-6	_	0.0 5	40		0		1		0.098 12	0.390 47	
Folate, totalFolic acid		0			0	z	7		0	0	
		5			0	4	1		12	47	
Folate, food Folate, DFE		5			0	NC	4		12	47	
Choline, total		3			Ū	NC	-		12		
Betaine	• • • • • • • • • • • • • • • • • • • •										
Vitamin B-12	_	0.3	4		0		1		0.83	3.34	
Vitamin A, RAE		2	_		0		1		5	21	
Retinol		2			0		1		5	21	
Carotene, beta											
Carotene, alpha											
Cryptoxanthin, beta											
Vitamin A, IU		7			0		1		17	68	
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone) Dihydrophylloquinone											
Menaquinone-4											

		Amou	ınt in 100 g Nu	ıram s ım be ı	ble porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Me	an St	of d. Error P		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturated	g	0.768		0	1		1.874	7.496		
4:0		0.000		0	4		0.000	0.000		
6:0	g	0.000		0	4		0.000	0.000		
8:0	g	0.003	0.001	L 9	1		0.007	0.029		
10:0	g	0.004	0.001	L 9	1		0.010	0.039		
12:0	g	0.017	0.006	5 9	1		0.041	0.166		
13:0	g									
14:0	g	0.030	0.009	9	1		0.073	0.293		
15:0	g									
16:0	g	0.490	0.031	L 9	1		1.196	4.782		
17:0	g									
18:0	-	0.232	0.013	39	1		0.566	2.264		
20:0	-									
22:0	-									
24:0	-				_					
Fatty acids, total monounsaturated		1.783		0	1		4.351	17.402		
14:1	•									
15:1	•	0 001	0.003		1		0.000	0.010		
16:1 undifferentiated	•	0.001	0.001	L 9	1		0.002	0.010		
17:1	•	1.785	0.051		1		4.355	17.422		
20:1		1.765	0.05	_ ,	_		4.355	17.422		
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated		0.750		0	1		1.830	7.320		
18:2 undifferentiated		0.717	0.023	-	1		1.749	6.998		
18:3 undifferentiated		0.027	0.006		1		0.066	0.264		
18:4	-				_		0.000	0.201		
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0	4		0.000	0.000		
20:5 n-3 (EPA)	-									
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	.g									
Fatty acids, total trans	g									
Cholesterol	-	2		0	1		4	18		
Phytosterols	mg	6		0	4		15	59		
Amino Acids:										
Tryptophan	a	0.047		0	1		0.115	0.459		
Threonine		0.150		0	1		0.366	1.464		
Isoleucine	-	0.201		0	1		0.490	1.962		
Leucine	-	0.326		0	1		0.795	3.182		
Lysine		0.264		0	1		0.644	2.577		
Methionine		0.084		0	1		0.205	0.820		
Cystine	g	0.031		0	1		0.076	0.303		
Phenylalanine		0.161		0	1		0.393	1.571		
Tyrosine		0.161		0	1		0.393	1.571		
Valine		0.223		0	1		0.544	2.176		
Arginine		0.121		0	1		0.295	1.181		
Histidine	-	0.090		0	1		0.220	0.878		
Alanine	g	0.115		0	1		0.281	1.122		
Aspartic acid	g	0.253		0	1		0.617	2.469		
Glutamic acid	g	0.697		0	1		1.701	6.803		
Glycine	g	0.070		0	1		0.171	0.683		
Proline	g	0.323		0	1		0.788	3.152		
Serine	g	0.181		0	1		0.442	1.767		
Hydroxyproline	g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 01059 Milk, filled, fluid, with blend of hydrogenated vegetable oils

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	ount in 100	gram	s of edi	ble portio	<u>on</u>	Amount in e	dible portion	of common
				lum be	r			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source (Confidence			
Nutrients and Uni	its	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure
mati ionito ana oni		inoun (ota: = : 0:					mousure :	modouro 2	mousuro
Proximates:										
Water	g	87.73	0.0	99 60		1		214.06	26.76	856.24
Energy		63		0	NC	4		153	19	611
Energy	kJ	262		0		4		639	80	2557
Protein (N x 6.38)	g	3.33	0.0	82 18		1		8.13	1.02	32.50
Total lipid (fat)	g	3.40	0.0	24 56		1		8.30	1.04	33.18
Ash	g	0.80	0.0	31 4		1		1.95	0.24	7.81
Carbohydrate, by difference	g	4.74		0	NC	4		11.57	1.45	46.26
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	4.74		0	NR	4		11.57	1.45	46.26
Starch	g									
Minerals:										
Calcium, Ca	mg	128	5.9	84 7		1		312	39	1247
Iron, Fe	_	0.05		1		1		0.12	0.02	0.49
Magnesium, Mg	_	13		1		1		32	4	130
Phosphorus, P		97	5.8	64 6		1		236	30	946
Potassium, K	mg	139		2		1		339	42	1357
Sodium, Na	mg	57	3.2	87 3		1		138	17	553
Zinc, Zn	mg	0.36		0		1		0.88	0.11	3.51
Copper, Cu	mg	0.010	ס	0		1		0.024	0.003	0.09
Manganese, Mn	mg	0.002	2	0		1		0.005	0.001	0.02
Selenium, Se	µg	2.0		0	BFNN	4		4.9	0.6	19.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.2	0.3	8.8
Thiamin	mg	0.030)	2		1		0.073	0.009	0.29
Riboflavin	mg	0.123	3 0.0	19 7		1		0.300	0.038	1.20
Niacin	mg	0.087	7 0.0	03 3		1		0.212	0.027	0.84
Pantothenic acid	mg	0.30	L	0		1		0.734	0.092	2.93
Vitamin B-6	mg	0.040)	0		1		0.098	0.012	0.39
Folate, total	µg	5		0		1		12	1	47
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5		0		1		12	1	47
Folate, DFE	µg	5		0	NC	4		12	1	47
Choline, total	mg	15.0		0	BFNN	4		36.7	4.6	146.8
Betaine	mg									
Vitamin B-12	µg	0.34		0		1		0.83	0.10	3.34
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		2		0	NC	4		5	1	20
Retinol	µg	2		0	NC	4		5	1	20
Carotene, beta		0		0	Z	7		0	0	0
Carotene, alpha		0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		7		0	NC	4		16	2	65
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.13		0	BFFN			0.32	0.04	1.26
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	_									
Tocotrienol, delta		0.0		^		7		0 0	0 0	
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0		0	Z	7		0	0	0
Vitamin K (phylloquinone)		0.8		U	BFFN	4		2.1	0.3	8.2
Dihydrophylloquinone	ua									

	An	nou	nt in 100 g	grams	of edi	ble portion	<u>1</u>	Amount in e	edible portion of	of common
			NI.	ım bei	_				easures of foo	
					-	Source C	onfidence			<u> </u>
Nutrients and Units	Mean	Sto	d. Error F				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 3.1	.01		0		1		7.566	0.946	30.266
4:0	g 0.0	000		0		1		0.000	0.000	0.000
6:0				0		1		0.000	0.000	0.000
8:0			0.01			1		0.422	0.053	1.688
10:0			0.00			1		0.317	0.040	1.269
12:0 13:0		147	0.07	4 29		1		4.995	0.624	19.979
14:0	=	199	0.02	6 29		1		0.974	0.122	3.894
15:0	=		****			_		0.571	0.122	3,031
16:0	=	.91	0.01	8 29		1		0.466	0.058	1.864
17:0	g									
18:0	g 0.1	48	0.01	2 29		1		0.361	0.045	1.444
20:0										
22:0	=									
24:0		00		0		1		0.244	0.031	0.976
Fatty acids, total monounsaturated		.00		U		-		0.244	0.031	0.976
15:1										
16:1 undifferentiated	-	000		0		1		0.000	0.000	0.000
17:1	=									
18:1 undifferentiated	g 0.1	.00	0.01	4 29		1		0.244	0.031	0.976
20:1	g 0.0	000		0		1		0.000	0.000	0.000
22:1 undifferentiated	=	000		0		1		0.000	0.000	0.000
24:1 c	=					_				
Fatty acids, total polyunsaturated				0		1		0.024	0.003	0.098
18:2 undifferentiated	-		0.00			1 1		0.020 0.000	0.002 0.000	0.078 0.000
18:4			0.00	0 29		1		0.000	0.000	0.000
20:2 n-6 c,c		,00		U		-		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated.	-	000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	.g 0.0	000		0		1		0.000	0.000	0.000
21:5	g									
22:4										
22:5 n-3 (DPA)	=			0		1		0.000	0.000	0.000
22:6 n-3 (DHA)		000		0		1		0.000	0.000	0.000
Fatty acids, total trans Cholesterol				0		1		4	1	18
Phytosterols				0		4		7	1	29
•	9			•		-		,	-	
Amino Acids:										
Tryptophan				0		1		0.115	0.014	0.459
Threonine				0		1 1		0.366	0.046	1.464
Isoleucine	=			0		1		0.490 0.795	0.061 0.099	1.962 3.182
Lysine	0			0		1		0.795	0.099	2.577
Methionine				0		1		0.205	0.031	0.820
Cystine				0		1		0.076	0.009	0.303
Phenylalanine				0		1		0.393	0.049	1.571
Tyrosine	-	.61		0		1		0.393	0.049	1.571
Valine	g 0.2	223		0		1		0.544	0.068	2.176
Arginine	g 0.1	.21		0		1		0.295	0.037	1.181
Histidine	-			0		1		0.220	0.027	0.878
Alanine	-			0		1		0.281	0.035	1.122
Aspartic acid				0		1 1		0.617	0.077	2.469
Glutamic acid				0		1		1.701 0.171	0.213	6.803
Glycine Proline				0		1		0.171	0.021 0.099	0.683 3.152
Serine				0		1		0.788	0.055	1.767
Hydroxyproline				•		-			0.033	1.757
	-									
Others:	q 0.0			^		7		0.0	0.0	0.0
Alcohol, ethyl Caffeine		,		0	Z	7 7		0.0	0.0	0.0 0
Carrente	9			Ū	4	•		Ü	J	J

NDB No. 01060 Milk, filled, fluid, with lauric acid oil

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am oun</u>	t in 100 gr	ams	of edi	ole portio	<u>n</u>	Amount in e	dible portion	of common
			Nur	nber					easures of fo	
						Source C	onfidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.92	0.174	12	A	1		219.40	877.62	
Energy	kcal	42		0	NC	4		103	412	
Energy	kJ	177		0	NC	4		432	1728	
Protein (N x 0)	g	3.37	0.061	12	A	1		8.21	32.86	
Total lipid (fat)	g	0.97	0.026	6	JO	11		2.37	9.47	
Ash	g	0.75	0.014	12	A	1		1.83	7.32	
Carbohydrate, by difference	g	4.99		0	NC	4		12.18	48.74	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	5.20	0.104	12	A	1		12.68	50.72	
Sucrose	g	0.00	0.000	12	A	1		0.00	0.00	
Glucose (dextrose)		0.00	0.000	12	A	1		0.00	0.00	
Fructose		0.00	0.000	12	A	1		0.00	0.00	
Lactose		5.20	0.104	12	A	1		12.68	50.72	
Maltose	g	0.00	0.000	12	A	1		0.00	0.00	
Galactose	g	0.00	0.000	12	A	1		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	mg	125	1.443	4	A	1		304	1215	
Iron, Fe	mg	0.03	0.004	4	A	1		0.07	0.28	
Magnesium, Mg	mg	11	0.093	22	A	1		26	106	
Phosphorus, P		95	0.368	21	A	1		233	930	
Potassium, K		150	1.088	11	A	1		365	1461	
Sodium, Na		44	0.760	23	A	1		107	429	
Zinc, Zn		0.42	0.003	11	A	1		1.03	4.12	
Copper, Cu		0.010	0.001	12	A	1		0.023	0.094	
Manganese, Mn		0.003 3.3	0.000	12	A A	1 1		0.006 8.1	0.025 32.3	
Selenium, Se	µg	3.3	0.301	12	A	1		0.1	32.3	
<u>Vitamins:</u>					_	_				
Vitamin C, total ascorbic acid	_	0.0	0.000	4	A	1		0.0	0.0	
Thiamin	-	0.020	0.002		A	1		0.049	0.198	
Riboflavin	•	0.185	0.005		A	1		0.451	1.805	
Niacin	_	0.093	0.003		A	1		0.226	0.904	
Pantothenic acid	•	0.361	0.014	4 12	A	1 1		0.880	3.518	
Vitamin B-6	=	0.037 5	0.001		A A	1		0.090	0.360 48	
Foliate, total		0	0.083	0	Z	7		12 0	48 0	
Folic acid Folate, food		5	0.083		A	1		12	48	
Folate, DFE		5	0.083	0	NC	4		12	48	
Choline, total		17.7		0	AS	1		43.1	172.3	
Betaine	_	0.6		1	A	1		1.5	6.0	
Vitamin B-12	_	0.47	0.019	4	A	1		1.14	4.56	
Vitamin B-12, added		0.00	0.025	0	z	7		0.00	0.00	
Vitamin A, RAE		14		0	NC	4		33	132	
Retinol		13		0	BFFN	4		33	131	
Carotene, beta		2		0	BFZN	4		4	15	
Carotene, alpha		0		0	BFZN	4		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		47		0	NC	4		115	462	
Lycopene		0		0	BFZN	4		0	0	
Lutein + zeaxanthin		0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)		0.01	0.002	12	A	1		0.03	0.11	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta		0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma		0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta		0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha		0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, beta		0.00	0.000	12	A	1		0.00	0.00	

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 0.00 0.000 12 0.00 0.00 Tocotrienol, gamma.....mg А 1 0.000 12 0.00 Tocotrienol, delta.....g Α 1 0.00 0.00 0.0 Vitamin D (D2 + D3)......µg AS 1 0.0 0.2 Vitamin D2 (ergocalciferol).....µg Vitamin D3 (cholecalciferol).....µg 0.0 0 BFFN 4 0.0 0.2 Vitamin D......U BFFN 0 4 2 1 7 Vitamin K (phylloquinone)......µg 0.1 0.000 4 A 1 0.2 1.0 0.000 Dihydrophylloquinone.....µg 0.0 4 А 1 0.0 0.0 Menaquinone-4......µg Lipids: Fatty acids, total saturated......g 0.633 0 NC 4 1.543 6.173 4:0.....g 0.024 0.002 1 4 Α 0.058 0.233 0.018 0.002 0.043 0.173 6:0.....g 4 Α 1 0.000 0.013 0.031 0.123 Α 1 0.027 0.001 4 1 0.266 10:0.....g 0.067 0.001 0.029 0.072 1 0.288 12:0.....g Α 13:0.....g 0.091 0.002 4 0.222 1 0.889 Α 15:0.....g 0.010 0.000 4 Α 1 0.024 0.096 0.287 0.001 Α 1 0.700 2.801 16:0.....g 17:0.....g 0.006 0.000 4 Α 1 0.014 0.055 0.126 0.004 0.308 1.230 18·0 Α 1 0.002 0.000 4 А 1 0.005 0.019 20:0.....g 22:0.....g Fatty acids, total monounsaturated......g 0.277 NC 0.676 2.706 0.000 0.017 0.007 0.066 14:1.....g Α 1 0.002 0.005 0.020 0.000 А 1 0.017 0.040 0.162 16:1 undifferentiated......g AS 1 0.000 16:1 c.....g 0.017 Α 1 0.040 0.162 16:1 t.....g 17:1.....g 0.002 0.000 4 1 0.005 0.020 0.250 2.438 18:1 undifferentiated......g 1 0.610 AS 0.213 0.005 0.519 2.076 18:1 c.....g Α 1 0.037 0.003 4 А 1 0.090 0.362 18:1 t.....g 18:1-11 t (18:1t n-7)......g 0.000 0.000 20:1.....g 1 0.000 0.000 Α 0.000 0.000 0.000 0.000 22:1 undifferentiated......g 1 24:1 c.....g Fatty acids, total polyunsaturated......g 0.035 0 NC 4 0.085 0.339 0.030 AS 1 0.074 0.295 0.001 4 18:2 n-6 c,c....g 0.027 Α 1 0.066 0.266 18:2 CLAs......g 18:2 t,t.....g 0.003 0.007 18:2 i.....g 0.000 Α 1 0.030 18:2 t not further defined......g 18:3 undifferentiated......g 0.004 AS 1 0.011 0.043 18:3 n-3 c,c,c (ALA)......g 0.004 0.000 4 Α 1 0.011 0.043 18:3 n-6 c,c,c......g 18:3i.....g 0.000 0.000 4 A 1 0.000 0.000 20:3 undifferentiated.....g 20:3 n-3.....g 20:3 n-6.....g 0.000 0.000 1 0.000 0.000 20:4 undifferentiated......g 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 0.000 4 А 1 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA)......g 0.000 0.000 1 0.000 0.000 0.000 0.000 22:6 n-3 (DHA)......g Α 1 0.000 0.000 0.109 4 5 1 Cholesterol....mg Α

		<u>Am oun</u>	t in 100 gr	am s	of edi	ble portio	<u>on</u>		dible portion	
			Nun	nbei	•			<u>m</u>	easures of foo	<u>od</u>
			of I	Data	Deriv	Source (Confidence			
Nutrients an	d Units	Mean Std	Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Cholesterol	mg	5	0.109		A	1		12	46	
Phytosterols	mg									
Stigmasterol	mg	0	0.000	4	A	1		0	0	
Campesterol		0	0.000	4	A	1		0	0	
Beta-sitosterol	mg	0	0.000	4	A	1		0	0	
Amino Acids:										
Tryptophan	g	0.043		0	A	1		0.105	0.420	
Threonine	g	0.143		0	A	1		0.350	1.399	
Isoleucine	g	0.174		0	A	1		0.425	1.700	
Leucine	g	0.319		0	A	1		0.777	3.110	
Lysine	g	0.282		0	A	1		0.687	2.748	
Methionine	g	0.088		0	A	1		0.215	0.860	
Cystine	g	0.020		0	A	1		0.050	0.200	
Phenylalanine	g	0.174		0	A	1		0.425	1.701	
Tyrosine	g	0.170		0	A	1		0.415	1.660	
Valine	g	0.220		0	A	1		0.538	2.151	
Arginine	g	0.096		0	A	1		0.235	0.938	
Histidine	g	0.101		0	A	1		0.248	0.990	
Alanine	g	0.114		0	A	1		0.278	1.110	
Aspartic acid	g	0.288		0	A	1		0.703	2.811	
Glutamic acid	g	0.756		0	A	1		1.845	7.380	
Glycine	g	0.067		0	A	1		0.163	0.650	
Proline	g	0.332		0	A	1		0.810	3.241	
Serine	g	0.203		0	A	1		0.495	1.980	
Hydroxyproline	g	0.000	0.000	4	A	1		0.000	0.000	
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		AIII	ount in	100 grams	or can	JIC POLLIC	<u> </u>		dible portion	
				Number				<u>m</u>	easures of foo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Frr	or Points	Code	Code	Code	Measure 1	Measure 2	Measure
Natificities and on		mean	Ota. Di	-				Wedsure 1	incusure 2	Wedsare
Proximates:										
Water	g	90.80)	0		4		224.28	28.06	
Energy	kcal	35		0	NC	4		86	11	
Energy	kJ	145		0	NC	4		358	45	
Protein	g	3.40)	0		4		8.40	1.05	
Total lipid (fat)	g	0.18	3	0		4		0.44	0.06	
Ash	g	0.7	7	0	NR	4		1.90	0.24	
Carbohydrate, by difference	g	4.8	5	0		4		11.98	1.50	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total		4.8	5	0	NR	4		11.98	1.50	
Starch										
Minerals:										
Calcium, Ca	mg	204		0		4		504	63	
Iron, Fe	_	0.04	1	0		4		0.10	0.01	
Magnesium, Mg		11		0		4		28	4	
Phosphorus, P		101		0		4		249	31	
Potassium, K	_	166		0		4		409	51	
Sodium, Na	_	52		0		4		127	16	
Zinc, Zn	_	0.40		0		4		0.99	0.12	
Copper, Cu		0.03	L1	0		4		0.027	0.003	
Manganese, Mn						_				
Selenium, Se	µg	2.1		0.190 25	A	1		5.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.4	0.3	
Thiamin	_	0.03	36	0		4		0.089	0.011	
Riboflavin		0.14	10	0		4		0.346	0.043	
Niacin	_	0.08	38	0		4		0.217	0.027	
Pantothenic acid	_									
Vitamin B-6	_	0.04	10	0		4		0.099	0.012	
Folate, total	_	5		0		4		13	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		4		13	2	
Folate, DFE		5		0	NC	4		13	2	
Choline, total		16.0		0	T	4		39.5	4.9	
Betaine	-									
Vitamin B-12	_	0.38	3	0		4		0.93	0.12	
Vitamin B-12, added		0.00)	0	Z	7		0.00	0.00	
Vitamin A, RAE		137		0	NC	4		339	42	
Retinol		137		0	BFFN	4		339	42	
Carotene, beta		0		0	BFFN	4		1	0	
Carotene, alpha		0		0	z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		458		0	NC	4		1132	142	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.03	L	0	BFFN	4		0.03	0.00	
Vitamin E, added		0.00		0	z	7		0.00	0.00	
Tocopherol, beta										
Tocopherol, gamma	_									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.2		0	AS	1		2.9	0.4	
Vitamin D		47		0	BFZN	4		115	14	
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone				-						
Menaquinone-4										

		<u>An</u>	ount in 10			ble portion	<u>1</u>	Amount in edible portion of common measures of food		
				Number				<u> </u>	easures or roc	<u>ou</u>
						Source C	onfidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.1	17	0		4		0.289	0.036	
4:0	g	0.0	09	0		1		0.022	0.003	
6:0	g	0.0	01	0		1		0.002	0.000	
8:0	g	0.0	02	0		1		0.005	0.001	
10:0	g	0.0	04	0		1		0.010	0.001	
12:0	g	0.0	03	0		1		0.007	0.001	
13:0	g									
14:0	g	0.0	17	0		1		0.042	0.005	
15:0	g									
16:0	g	0.0	53	0		1		0.131	0.016	
17:0	g									
18:0	g	0.0	19	0		1		0.047	0.006	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.0	47	0		4		0.116	0.015	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.0	07	0		1		0.017	0.002	
17:1	-									
18:1 undifferentiated	g	0.0	38	0		1		0.094	0.012	
20:1		0.0	00	0		1		0.000	0.000	
22:1 undifferentiated	g	0.0	00	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.0	07	0		4		0.017	0.002	
18:2 undifferentiated	g	0.0	05	0		1		0.012	0.002	
18:3 undifferentiated	g	0.0	02	0		1		0.005	0.001	
18:4	g	0.0	00	0		1		0.000	0.000	
20:2 n-6 c,c	_									
20:3 undifferentiated										
20:4 undifferentiated		0.0		0		1		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0		1		0.000	0.000	
21:5	g									
22:4	-									
22:5 n-3 (DPA)		0.0		0		1		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0		1		0.000	0.000	
Fatty acids, total trans	_									
Cholesterol	-	2		0		4		4	1	
Phytosterols	mg									
Others:				•		7		0.0		
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 30.9g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>AM</u>	ount in 100	gram s	or eal	ble portion		edible portion	
			N	lum be	r		<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source Confidence	е		
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code Code	Measure 1	Measure 2	Measure
Nati lents and on		Wean	ota. E i oi				incasure r	Micasure 2	Wicasarc
Proximates:									
Water	g	87.03	0.1	46 196		1	26.54	212.35	849.41
Energy	kcal	69		0	NC	4	21	168	672
Energy	kJ	288		0	NC	4	88	703	2810
Protein (N x 6.38)		3.56	0.0	33 132		1	1.09	8.69	34.75
Total lipid (fat)		4.14	0.0	53 269		1	1.26	10.10	40.41
Ash		0.82	0.0	02 229		1	0.25	2.00	8.00
Carbohydrate, by difference	-	4.45	i	0	NC	4	1.36	10.86	43.43
Fiber, total dietary		0.0		0		4	0.0	0.0	0.0
Sugars, total		4.45	i	0	NR	4	1.36	10.86	43.43
Starch									
Minerals:	_								
Calcium, Ca	ma	134	1.6	75 94		1	41	326	1303
Iron, Fe	-	0.05				1	0.02	0.12	0.49
Magnesium, Mg	-	14		24 63		1	4	34	136
Phosphorus, P		111	2.0			1	34	270	1080
Potassium, K		204	7.1			1	62	499	1995
Sodium, Na		50	1.5	12 68		1	15	122	486
Zinc, Zn	-	0.30	ı	1		1	0.09	0.73	2.93
Copper, Cu	mg	0.04	6	0		1	0.014	0.112	0.44
Manganese, Mn	mg	0.01	.8	0		1	0.005	0.044	0.17
Selenium, Se	µg	1.4	0.4	10 5	A	1	0.4	3.4	13.7
Vitamins:									
Vitamin C, total ascorbic acid	mg	1.3	0.1	08 57		1	0.4	3.1	12.6
Thiamin	mg	0.04	8 0.0	05 22		1	0.015	0.117	0.46
Riboflavin	_	0.13	8 0.0	08 61		1	0.042	0.337	1.34
Niacin	-	0.27	7 0.0	12 21		1	0.084	0.676	2.70
Pantothenic acid	mg	0.31	.0 0.0	23 23		1	0.095	0.756	3.02
Vitamin B-6	-	0.04	6	3		1	0.014	0.112	0.44
Folate, total	µg	1		18		1	0	1	6
Folic acid	µg	0		0	Z	7	0	0	0
Folate, food	µg	1		18		1	0	1	6
Folate, DFE	µg	1		0	NC	4	0	1	6
Choline, total	mg	16.0		0	T	4	4.9	39.0	156.2
Betaine	mg								
Vitamin B-12	µg	0.07	0.0	05 45		1	0.02	0.16	0.63
Vitamin B-12, added	µg	0.00	1	0	Z	7	0.00	0.00	0.00
Vitamin A, RAE		57		0	NC	4	17	138	552
Retinol	µg	56		0	T	4	17	137	547
Carotene, beta		7		0	BFFN	4	2	16	65
Carotene, alpha		0		0	Z	7	0	0	0
Cryptoxanthin, beta		0		0	Z	7	0	0	0
Vitamin A, IU		198		0	NC	4	60	482	1930
Lycopene		0		0	Z	7	0	0	0
Lutein + zeaxanthin		0		0	Z	7	0	0	0
Vitamin E (alpha-tocopherol)		0.07		0	BFFN	4	0.02	0.18	0.72
Vitamin E, added		0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta		1 ^		_	3.0	1	0.4	a -	
Vitamin D (D2 + D3)		1.3		0	AS	1	0.4	3.1	12.5
Vitamin D		51		0	BFZN	4	16	125	498
Vitamin K (phylloquinone)		0.3		0	BFFN	4	0.1	0.7	2.8
Dihydrophylloquinone	µg								

		Am	oun	t in 100	gra	ms	of edil	ble portic	<u>on</u>	Amount in e	edible portion	of common
					lum I	har					easures of foo	
				-				Source	Confidence	_		
Nutrients and Units	Me	ean	Std	. Error				Code	Code	Measure 1	Measure 2	Measure 3
Lipids:												
Fatty acids, total saturated	g	2.66	57			0		1		0.813	6.507	26.030
4:0	•	0.12			10 1			1		0.039	0.312	1.249
6:0		0.09		0.0		14		1		0.029	0.229	0.917
8:0 10:0	0	0.09		0.0		15 15		1 1		0.029 0.079	0.234 0.634	0.937 2.538
12:0		0.20		0.0		15 15		1		0.079	0.634	1.210
13:0	-	0.11		0.0				-		0.030	0.303	1.210
14:0	_	0.32	25	0.0	20 1	17		1		0.099	0.793	3.172
15:0	g											
16:0	g	0.91	L1	0.0	43 1	17		1		0.278	2.223	8.891
17:0	-											
18:0		0.44	11	0.0	37 1	17		1		0.135	1.076	4.304
20:0	-											
24:0												
Fatty acids, total monounsaturated		1.10	9			0		1		0.338	2.706	10.824
14:1	_											
15:1	g											
16:1 undifferentiated	-	0.08	32	0.0	14	7		1		0.025	0.200	0.800
17:1								_				0 -04
18:1 undifferentiated		0.97		0.0	47 1	0		1 1		0.298	2.384	9.536 0.000
20:1 22:1 undifferentiated		0.00				0		1		0.000	0.000 0.000	0.000
24:1 c	_	0.00	,,			U		_		0.000	0.000	0.000
Fatty acids, total polyunsaturated	_	0.14	19			0		1		0.045	0.364	1.454
18:2 undifferentiated		0.10	9	0.0	08 1	13		1		0.033	0.266	1.064
18:3 undifferentiated	g	0.04	10	0.0	08 1	10		1		0.012	0.098	0.390
18:4	-	0.00	00			0		1		0.000	0.000	0.000
20:2 n-6 c,c	-											
20:3 undifferentiated	-	0.00				0		1		0.000	0.000	0.000
20:4 undifferentiated 20:5 n-3 (EPA)		0.00				0		1		0.000	0.000	0.000
20.5 II-5 (EFA)	_	0.00	,,			•		_		0.000	0.000	0.000
22:4	-											
22:5 n-3 (DPA)	g	0.00	00			0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.00	00			0		1		0.000	0.000	0.000
Fatty acids, total trans												
Cholesterol	-	11		0.8	01 3	36		1		3	28	111
Phytosterols	mg											
Amino Acids:												
Tryptophan	-	0.04				0		1		0.013	0.107	0.429
Threonine		0.16				0		1		0.050	0.398	1.591
Isoleucine	=	0.20				0		1		0.063	0.505	2.020
LeucineLvsine		0.31				0		1 1		0.096 0.088	0.766 0.708	3.065 2.830
Methionine		0.29				0		1		0.024	0.708	0.781
Cystine	=	0.04				0		1		0.014	0.112	0.449
Phenylalanine		0.15				0		1		0.047	0.378	1.513
Tyrosine	g	0.17	79			0		1		0.055	0.437	1.747
Valine	g	0.24	10			0		1		0.073	0.586	2.342
Arginine	g	0.11				0		1		0.036	0.290	1.161
Histidine	=	0.08				0		1		0.027	0.217	0.869
Alanine	_	0.11				0		1		0.036	0.288	1.152
Aspartic acid	=	0.21				0		1 1		0.064 0.191	0.512 1.527	2.050 6.110
Glutamic acidGlycine		0.02				0		1		0.191	0.122	0.488
Proline		0.36				0		1		0.112	0.898	3.592
Serine	=	0.18				0		1		0.055	0.442	1.767
Hydroxyproline	g											
Others:												
Alcohol, ethyl	g	0.0				0		7		0.0	0.0	0.0
Caffeine	=	0				0	Z	7		0	0	0

Milk, goat, fluid, with added vitamin D

Amount in 100 grams of edible portion

Number
of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Theobromine......mg 0 0 z 7 0 0 0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.5g: 1 fl oz Measure 2 = 244g: 1 cup Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am o</u>	unt in 100 g	rams	of edil	ole portion	1	Amount in e	dible portion	of common
			Nu	nber					easures of fo	
						Source C	onfidence			
Nutrients and Un	its	Mean S	td. Error Po			Code	Code	Measure 1	Measure 2	Measure
Decements										
<u>Proximates:</u> Water	g	87.50	0.043	616		1		26.95	215.25	
Energy	kcal	70		0	NC	4		21	171	
Energy		291		0	NC	4		90	716	
Protein (N x 6.38)	g	1.03	0.018	591		1		0.32	2.53	
Total lipid (fat)	g	4.38	0.048	415		1		1.35	10.77	
Ash	g	0.20	0.001	396		1		0.06	0.49	
Carbohydrate, by difference	g	6.89		0	NC	4		2.12	16.95	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	6.89		0	NR	4		2.12	16.95	
Starch	g									
Minerals:										
Calcium, Ca	-	32	0.248			1		10	79	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.03	0.002			1		0.01	0.07	
Magnesium, Mg		3	0.039			1		1	8	
Phosphorus, P	-	14 51	0.095 0.610			1 1		4 16	34 126	
Potassium, K	-	17	0.610			1		16 5	126 42	
Zinc, Zn	-	0.17	0.232			1		0.05	0.42	
Copper, Cu	-	0.052		0		1		0.016	0.128	
Manganese, Mn		0.026		0		1		0.008	0.064	
Selenium, Se		1.8	0.017		A	1		0.6	4.4	
itamins:										
Vitamin C, total ascorbic acid	mg	5.0	0.118	233		1		1.5	12.3	
Thiamin	-	0.014	0.000	279		1		0.004	0.034	
Riboflavin	mg	0.036	0.001	275		1		0.011	0.089	
Niacin	mg	0.177	0.003	271		1		0.055	0.435	
Pantothenic acid	mg	0.223	0.003	416		1		0.069	0.549	
Vitamin B-6	mg	0.011	0.001	88		1		0.003	0.027	
Folate, total		5	0.346			1		2	13	
Folic acid		0		0	Z	7		0	0	
Folate, food		5	0.346			1		2	13	
Folate, DFE		5		0	NC	4		2	13	
Choline, total		16.0		0	T	4		4.9	39.4	
Betaine	-	0.05		20				0.01	0 11	
Vitamin B-12		0.05 0.00		32 0	z	1 7		0.01 0.00	0.11 0.00	
Vitamin B-12, added Vitamin A, RAE		61		0	NC	4		19	149	
Retinol		60		0	т	4		18	148	
Carotene, beta		7		0	BFFN	4		2	17	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	z	7		0	0	
Vitamin A, IU		212		0	NC	4		65	521	
Lycopene	µg	0		0	z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.08		0	BFFN	4		0.02	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta Vitamin D (D2 + D3)		0.1		0	AS	1		0.0	0.2	
Vitamin D (D2 + D3)		3		0	BFFN	4		1	8	
Vitamin K (phylloquinone)		0.3		0	BFFN	4		0.1	0.7	
Dihydrophylloquinone		···		•		-		***	0. 7	
Menaquinone-4										

		An	nour	nt in 10	0 gra	am s	of edil	ole portio	<u>on</u>	Amount in e	dible portion	of common
					Num	hor				'	easures of foo	•
								Source (Confidence	_		
Nutrients and Units	Me	ean	Std	. Error				Code	Code	Measure 1	Measure 2	Measure 3
Lipids:												
Fatty acids, total saturated	q	2.0	009			0		1		0.619	4.942	
4:0		0.0				0		1		0.000	0.000	
6:0	g	0.0	000			0		1		0.000	0.000	
8:0	0	0.0				0		1		0.000	0.000	
10:0	-	0.0			006			1		0.019	0.155	
12:0	-	0.2	256	0.0	023	18		1		0.079	0.630	
14:0	-	0.3	321	0.0	019	20		1		0.099	0.790	
15:0	-											
16:0	g	0.9	19	0.0	023	20		1		0.283	2.261	
17:0	-											
18:0		0.2	293	0.0	018	20		1		0.090	0.721	
20:0												
24:0												
Fatty acids, total monounsaturated		1.6	558			0		1		0.511	4.079	
14:1	g											
15:1	-											
16:1 undifferentiated		0.1	L29	0.0	012	17		1		0.040	0.317	
17:1		1.4	175	0 (037	20		1		0.454	3.629	
18:1 undifferentiated 20:1		0.0			003			1		0.012	0.098	
22:1 undifferentiated		0.0				0		1		0.000	0.000	
24:1 c	-											
Fatty acids, total polyunsaturated	g	0.4	197			0		1		0.153	1.223	
18:2 undifferentiated	-	0.3				20		1		0.115	0.920	
18:3 undifferentiated		0.0		0.0	013			1		0.016	0.128	
18:4 20:2 n-6 c,c	-	0.0	000			0		1		0.000	0.000	
20:3 undifferentiated	-											
20:4 undifferentiated	-	0.0	26	0.0	004	14		1		0.008	0.064	
20:5 n-3 (EPA)	g	0.0	000			0		1		0.000	0.000	
21:5	-											
22:4						_		_				
22:5 n-3 (DPA)	-	0.0				0		1 1		0.000	0.000	
22:6 n-3 (DHA) Fatty acids, total trans		0.0	,00			U		_		0.000	0.000	
Cholesterol		14		0.3	366	54		1		4	34	
Phytosterols	-											
Amino Acids:												
Tryptophan	a	0.0	17			0		1		0.005	0.042	
Threonine		0.0				0		1		0.014	0.113	
Isoleucine	-	0.0)56			0		1		0.017	0.138	
Leucine	g	0.0				0		1		0.029	0.234	
Lysine	-	0.0				0		1		0.021	0.167	
Methionine	-	0.0				0		1 1		0.006	0.052	
CystinePhenylalanine	-	0.0				0		1		0.006 0.014	0.047 0.113	
Tyrosine		0.0				0		1		0.014	0.113	
Valine		0.0				0		1		0.019	0.155	
Arginine		0.0	143			0		1		0.013	0.106	
Histidine	g	0.0				0		1		0.007	0.057	
Alanine	-	0.0				0		1		0.011	0.089	
Aspartic acid	-	0.0				0		1		0.025	0.202	
Glutamic acid		0.1				0		1 1		0.052 0.008	0.413 0.064	
Glycine Proline		0.0				0		1		0.008	0.064	
Serine	-	0.0				0		1		0.013	0.106	
Hydroxyproline	-											
Others:												
Alcohol, ethyl	q	0.0)			0		7		0.0	0.0	
Caffeine	-	0				0	z	7		0	0	

NDB No. 01107 Milk, human, mature, fluid

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30.8g: 1 fl oz Measure 2 = 246g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10			ble portic	<u>on</u>		edible portion of easures of foo	
				Number		_			easures or roc	<u> </u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.0	0	0		4		219.60	27.45	
Energy	-	46		0	NC	4		111	14	
Energy		191		0	NC	4		466	58	
Protein		1.6	0	0		8		3.90	0.49	
Total lipid (fat)		2.0		0		8		4.88	0.61	
Ash		1.1		0	NR	4		2.68	0.34	
Carbohydrate, by difference		5.3		0		8		12.93	1.62	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		5.3		0	NR	4		12.93	1.62	
Starch		5.5	•	•	-1-1	-			1.02	
Starcii	9									
Minerals:										
Calcium, Ca	<u>m</u> g	82		0		8		200	25	
Iron, Fe	mg	0.1	0	0		4		0.24	0.03	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	_	100		0		4		244	31	
Potassium, K	_	150		0		4		366	46	
Sodium, Na		55		0		8		134	17	
Zinc, Zn	_	0.1		0		4		0.24	0.03	
Copper, Cu		0.0	20	0		4		0.049	0.006	
Manganese, Mn										
Selenium, Se	µg	1.8		0	BFNN	4		4.4	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.0	00	0		4		0.000	0.000	
Riboflavin	mg	0.0	00	0		4		0.000	0.000	
Niacin	mg	0.1	00	0		4		0.244	0.031	
Pantothenic acid	mg									
Vitamin B-6	mg	0.0	00	0		4		0.000	0.000	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	µg	0		0	NC	4		0	0	
Choline, total	mg	0.0		0	Z	7		0.0	0.0	
Betaine	mg									
Vitamin B-12	µg	0.0		0		4		0.00	0.00	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	61		0	NC	4		149	19	
Retinol		61		0	NR	4		149	19	
Carotene, beta		0		0	Z	7		0	0	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		203		0	NC	4		496	62	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0	_	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.0		0	Z	7		0.00	0.00	
Vitamin E, added		0.0	0	0	Z	7		0.00	0.00	
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		1.1		0	AS	1		2.6	0.3	
Vitamin D (D2 + D3)		42		0	AS S	4		102	13	
Vitamin D		0.0		0	Z	7		0.0	0.0	
Vitamin K (phylloquinone)		0.0		U	4	,		0.0	0.0	
Dihydrophylloquinone										

	<u>Am</u>	ount in 10	00 grams	of edi	ble portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of foo	<u>od</u>
			of Data	Deriv	Source C	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	0.2	54	0		4		0.620	0.077	
4:0g	0.0	00	0		4		0.000	0.000	
6:0g	0.0	00	0		4		0.000	0.000	
8:0g	0.0	00	0		4		0.000	0.000	
10:0g	0.0	00	0		4		0.000	0.000	
12:0g	0.0	00	0		4		0.000	0.000	
13:0g									
14:0g	0.0	00	0		4		0.000	0.000	
15:0g									
16:0g	0.2	18	0		4		0.532	0.066	
17:0g									
18:0g	0.0	36	0		4		0.088	0.011	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.4	34	0		4		1.181	0.148	
14:1g									
15:1g									
16:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
17:1g									
18:1 undifferentiatedg	0.48		0		4		1.181	0.148	
20:1g	0.0	00	0		4		0.000	0.000	
22:1 undifferentiatedg	0.0	00	0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.1		0		4		2.865	0.358	
18:2 undifferentiatedg	1.1		0		4		2.830	0.354	
18:3 undifferentiatedg	0.0	14	0		4		0.034	0.004	
18:4g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0		0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0		8		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am</u>	ount in 100 g			ble portion			dible portion	
				m be				<u>m</u>	easures of foo	<u>Ju</u>
						Source Co	nfidence			
Nutrients and U	nits	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.39	0.546	8		1		203.47	813.89	
Energy	kcal	97		0	NC	4		236	943	
Energy	kJ	404				4		986	3946	
Protein (N x 6.38)		3.75	0.057	96		1		9.15	36.60	
Total lipid (fat)		6.89	0.130	113		1		16.81	67.25	
Ash		0.79	0.010	97		1		1.93	7.71	
Carbohydrate, by difference	g	5.18		0	NC	4		12.64	50.56	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	169	1.899	164		1		412	1649	
Iron, Fe	mg	0.12	0.016	10		1		0.29	1.17	
Magnesium, Mg	mg	31	1.417			1		76	304	
Phosphorus, P	mg	117	1.580	113		1		286	1146	
Potassium, K	mg	178	3.024	101		1		434	1734	
Sodium, Na	-	52	1.603			1		127	509	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	0.22		1		1		0.54	2.15	
Copper, Cu	_	0.04		0		1		0.112	0.449	
Manganese, Mn		0.01	8	0		1		0.044	0.176	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	-	2.3	0.627			1		5.5	22.0	
Thiamin	mg	0.05	2 0.005	14		1		0.127	0.508	
Riboflavin	-	0.13				1		0.329	1.318	
Niacin		0.09				1		0.222	0.888	
Pantothenic acid	_	0.19				1		0.468	1.874	
Vitamin B-6	_	0.02	3	2		1		0.056	0.224	
Folate, total		6		1	_	1		14	55	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		1		1		14	55	
Folate, DFE		6		0	NC	4		14	55	
Choline, total	-									
Betaine	-	0.36	0.022			1		0.00	2.54	
Vitamin B-12		53	0.032 2.830			1		0.89 130	3.54 522	
Vitamin A, RAE Retinol		53	2.830			1		130	522	
Carotene, beta		33	2.030	32		_		130	522	
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		178	9.423	32		1		434	1737	
Lycopene		270	3.123	32		-		101	1737	
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D	<u>I</u> U									
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am ou</u>		of edible portion		edible portion of easures of foo	
		Number	Davis Causas Canfidan		casares or roc	<u>, u</u>
Nutrients and Units	Mean St	d. Error Points	Deriv Source Confident Code Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	4.597	0	1	11.217	44.867	
4:0g	0.276	0.013 23	1	0.673	2.694	
6:0g	0.153	0.008 23	1	0.373	1.493	
8:0g	0.071	0.004 24	1	0.173	0.693	
10:0g	0.141	0.007 24	1	0.344	1.376	
12:0g	0.167	0.008 24	1	0.407	1.630	
13:0g						
14:0g	0.703	0.022 24	1	1.715	6.861	
15:0g	1.999	0.057 24	1	4 070	19.510	
16:0g 17:0g	1.999	0.05/ 24	ı	4.878	19.510	
17:0	0.682	0.031 24	1	1.664	6.656	
20:0g	0.002	01002 21	_	2,,,,	*****	
22:0g						
24:0g						
Fatty acids, total monounsaturatedg	1.787	0	1	4.360	17.441	
14:1g						
15:1g						
16:1 undifferentiatedg	0.142	0.009 24	1	0.346	1.386	
17:1g	1.566	0.053 24	1	2 001	15 004	
18:1 undifferentiatedg 20:1g	1.500	0.053 24	1	3.821	15.284	
20:1g 22:1 undifferentiatedg						
24:1 c						
Fatty acids, total polyunsaturated9	0.146	0	1	0.356	1.425	
18:2 undifferentiated	0.070	0.007 23	1	0.171	0.683	
18:3 undifferentiatedg	0.076	0.008 23	1	0.185	0.742	
18:4g						
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.000	0	4	0.000	0.000	
20:5 n-3 (EPA)g						
21:5g						
22:4g 22:5 n-3 (DPA)g						
22:6 n-3 (DHA)g						
Fatty acids, total trans						
Cholesterolmg	19	0.204 25	1	46	185	
Phytosterolsmg						
Amino Acids:						
Tryptophang	0.053	0	1	0.129	0.517	
Threonineg	0.182	0	1	0.444	1.776	
Isoleucineg	0.203	0	1	0.495	1.981	
Leucineg	0.366	0	1	0.893	3.572	
Lysineg	0.280	0	1	0.683	2.733	
Methionineg	0.097	0	1 1	0.237	0.947	
Cystine	0.048	0	1	0.117	0.468 1.581	
Phenylalanine	0.162 0.183	0	1	0.395 0.447	1.581	
Valineg	0.103	0	1	0.534	2.137	
Arginine	0.114	0	1	0.278	1.113	
Histidine	0.078	0	1	0.190	0.761	
Alanineg	0.132	0	1	0.322	1.288	
Aspartic acidg	0.309	0	1	0.754	3.016	
Glutamic acidg	0.477	0	1	1.164	4.656	
Glycineg	0.080	0	4	0.195	0.781	
Prolineg	0.364	0	4	0.888	3.553	
Serineg	0.227	0	1	0.554	2.216	
Hydroxyprolineg						

NDB No. 01108 Milk, indian buffalo, fluid

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Nutrients and Units			<u>An</u>	nount in 1	00 grams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common
Nutrients and Units					Number						
Proximates:							Source C	onfidence			
Water	Nutrients and Ur	nits	Mean	Std. Erro					Measure 1	Measure 2	Measure 3
Water	Proximates:										
Foregrown		g	88.2	20	7		1		215.21	26.90	860.83
Posein No. 6.8	Energy	kcal	61		0	NC	4		149	19	594
Troal light (fath	Energy	kJ	255		0		4		622	78	2487
Ash. 9 0.78 7 1 1.90 0.24 7.61 4.65 43.55 15 15 16.00 10.00 1.00 1.00 1.00 1.00 1.00 1.	Protein (N x 6.38)	g	3.1	.0	8		1		7.56	0.95	30.26
Carbadyanac by difference	Total lipid (fat)	g	3.4	6	7		1		8.44	1.06	33.77
Fibre 1 Fibr	Ash	g	0.7	'8	7		1		1.90	0.24	7.61
Sugars, 1001	Carbohydrate, by difference	g	4.4	6	0	NC	4		10.88	1.36	43.53
Nimerals	Fiber, total dietary	g	0.0)	0		4		0.0	0.0	0.0
Minerals:	Sugars, total	g	4.4	6	0	NR	4		10.88	1.36	43.53
Calcium C.	Starch	g									
Ton, Fe									0.15	24	204
Magnesium Mg	,			15							
Phosphors, P.	· · · · · · · · · · · · · · · · · · ·	_		13							
Potassiun K.											
Sodium, Na.	1 /	_			-						
Zinc, Zn. mg 0.38 0 4 0.93 0.12 3.7 Copper, Co. mg 0.010 0 1 0.024 0.03 0.0 Manganess, Mn. mg 0.004 0 1 0.010 0.01 0.0 Selentium, Sc. µg 2.0 0.120 37 A 1 0.010 0.001 0.0 Vitamin C, total ascorbic acid mg 0.9 0 4 2.3 0.3 9.2 Thiamin. mg 0.020 8 1 0.045 0.05 0.1 Niacin. mg 0.105 8 1 0.025 0.02 1 Niacin. mg 0.043 7 1 0.105 0.03 0.1 Vitamin B-G. mg 0.034 7 1 0.083 0.01 0.3 Folate, food. pg 5 0 4 122 0 0 0 0	,	_									
Соррес Со mg 0.010 0 1 0.024 0.031 0.001 0.		-		18							3.71
Manganese Mam mg 0.004 0.0 1 0.010 0.01 0.0 Vitamins: Vitamin C, total ascorbic acid. mg 0.02 8 1 0.049 0.03 9.2 Thisimin. mg 0.020 8 1 0.049 0.005 0.01 Risoflavin. mg 0.015 8 1 0.049 0.005 0.01 Niacin. mg 0.043 7 1 0.105 0.032 1.0 Niacin. mg 0.043 7 1 0.083 0.010 0.03 Vitamin B-6 mg 0.034 7 1 0.083 0.010 0.3 Folate, fordal. mg 0.034 7 1 0.083 0.010 0.3 Folate, fordal. mg 5 0 0 4 12 2 4 Folate, fordal. mg 5 0 NC 4 12 2 4 </td <td>,</td> <td>• • • • • • • • • • • • • • • • • • • •</td> <td></td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td></td> <td>0.003</td> <td>0.098</td>	,	• • • • • • • • • • • • • • • • • • • •			0		1			0.003	0.098
Namin Nami	• • •		0.0	004	0		1		0.010	0.001	0.039
Vitamin C. total ascorbic acid.			2.0) (.120 37	A	1		4.9	0.6	19.5
Vitamin C. total ascorbic acid. Mg 0.9 0 4 2.3 0.3 9.2 Thiamin. Mg 0.020 8 1 0.049 0.066 0.1 Riboflavin. Mg 0.105 8 1 0.256 0.032 1.0 Niacin. Mg 0.043 7 1 0.105 0.013 0.4 Pantohenic acid. Mg 0.034 7 1 0.083 0.010 0.3 Vitamin B-6 Mg 0.034 7 1 0.083 0.010 0.3 Folica cid. Mg 5 0 4 12 2 49 Folica cid. Mg 5 0 NC 4 12 2 49 Folica cid. Mg 5 0 NC 4 12 2 49 Folica cid. Mg 5 0 NC 4 12 2 4 Foliat, Ford. Mg	Vitamine										
Thiamin. MG 0.020 8 1 0.049 0.065 0.1 Riboflavin. Mg 0.105 8 1 0.256 0.032 1.0 Nikicin. Mg 0.043 7 1 0.105 0.013 0.4 Pantothenic acid. Mg 0.034 7 1 0.083 0.00 2.9 Vitamin B-6. Mg 0.034 7 1 0.083 0.01 0.3 Folate, Iodal. Jg 5 0 4 12 2 49 Folate, food. Jg 5 0 NC 4 12 2 49 Folate, food. Jg 5 0 NC 4 12 2 49 Folate, food. Jg 5 0 NC 4 12 2 49 Folate, DFE. Jg 0 NC 4 12 2 49 Kolinoline, DFE. Jg <t< td=""><td></td><td>ma</td><td>0.9</td><td>)</td><td>0</td><td></td><td>4</td><td></td><td>2.3</td><td>0.3</td><td>9.2</td></t<>		ma	0.9)	0		4		2.3	0.3	9.2
Riboflavin Mg		_									0.19
Niacin		_									1.02
Pantothenic acid. mg 0.304 0 1 0.742 0.093 2.9 Vitamin B-6.		_			7		1				0.420
Folate, total		_	0.3	804	0		1		0.742	0.093	2.96
Folic acid.		_	0.0	34	7		1		0.083	0.010	0.33
Folate, food.	Folate, total	µg	5		0		4		12	2	49
Folate, DFE H9 5 0 NC 4 12 2 49	Folic acid	µg	0		0	Z	7		0	0	0
Choline, total	Folate, food	µg	5		0		4		12	2	49
Betaine	Folate, DFE	µg	5		0	NC	4		12	2	49
Vitamin B-12. µg 0.36 7 1 0.88 0.11 3.5 Vitamin B-12, added. µg 0.00 0 Z 7 0.00 0.00 0.0 Vitamin A, RAE. µg 29 0 NC 4 70 9 273 Retinol. µg 28 0 T 4 68 9 273 Carotene, beta. µg 7 0 BFFN 4 17 2 69 Carotene, alpha µg 0 0 Z 7 0 0 0 Cryptoxanthin, beta µg 0 0 Z 7 0 0 0 Vitamin A, IU. JU 105 0 NC 4 256 32 1026 Lycopene µg 0 0 Z 7 0 0 0 Vitamin E (alpha-tocopherol) mg 0.08 0 BFFN 4 0.18	Choline, total	mg	16.0)	0	T	4		39.0	4.9	156.2
Vitamin B-12, added. µg 0.00 0 Z 7 0.00 0.00 0.00 Vitamin A, RAE. µg 29 0 NC 4 70 9 279 Retinol. µg 28 0 T 4 68 9 273 Carotene, beta. µg 7 0 BFFN 4 17 2 69 Carotene, alpha. µg 0 0 Z 7 0 0 0 Carotene, alpha. µg 0 0 Z 7 0 0 0 Carotene, alpha. µg 0 0 Z 7 0 0 0 Carotene, beta. µg 0 0 Z 7 0 0 0 0 Usuamin E, alpha-tocopherol. Mg 0 0 BFFN 4 0.18 0.02 0.7 Vitamin E, added. mg 0 2 7	Betaine	mg									
Vitamin A, RAE.											3.50
Retinol	,			00							0.00
Carotene, beta. µg 7 0 BFFN 4 17 2 69 Carotene, alpha. µg 0 0 Z 7 0 0 0 Cryptoxanthin, beta. µg 0 0 Z 7 0 0 0 Vitamin A, IU. IJ 105 0 NC 4 256 32 1026 Lycopene. µg 0 0 Z 7 0 0 0 Lycopene. µg 0 0 Z 7 0 0 0 Lycopene. µg 0 0 Z 7 0 0 0 0 Lycopene. µg 0 0 Z 7 0					-						
Carotene, alpha. µg 0 0 z 7 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0							=				
Cryptoxanthin, beta					-						
Vitamin A, IU. JU 105 0 NC 4 256 32 1026 Lycopene JIG 0 0 Z 7 0 0 0 Lutein + zeaxanthin JIG 0 0 Z 7 0 0 0 Vitamin E (alpha-tocopherol) Mg 0.08 0 BFFN 4 0.18 0.02 0.7 Vitamin E, added Mg 0.00 0 Z 7 0.00 0.00 0.00 Tocopherol, beta Mg 0.00 Z 7 0.00 0.00 0.00 Tocotrienol, gamma Mg 0.00 Z 7 0.00 0.00 0.00 Tocotrienol, delta Mg 0.00			-		-					-	
Lycopene					-						
Lutein + zeaxanthin. µg 0 0 Z 7 0 0 0 Vitamin E (alpha-tocopherol). mg 0.08 0 BFFN 4 0.18 0.02 0.7 Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 0.00 Tocopherol, beta. mg <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>					-						
Vitamin E (alpha-tocopherol) mg 0.08 0 BFFN 4 0.18 0.02 0.7 Vitamin E, added mg 0.00 0 z 7 0.00 0.00 0.0 Tocopherol, beta mg 0 z 7 0.00 0.00 0.00 0.0 Tocopherol, beta mg 0 z 7 0.00 0.00 0.00 0.0 Tocopherol, gamma mg 0 z 7 0.00 0.											
Vitamin E, added. mg 0.00 0 z 7 0.00 0.00 0.00 Tocopherol, beta. mg 7 0.00 0.00 0.00 0.00 Tocopherol, gamma. mg 7 0.00 0.00 0.00 0.00 Tocopherol, gamma. mg 7 0.00 0.00 0.00 0.00 Tocotrienol, delta. mg 7 0.00 0.00 0.00 0.00 Tocotrienol, pamma. mg 7 0.00 0.			-	18	-				-	-	-
Tocopherol, beta											0.74
Tocopherol, gamma		_	0.0	-	v	4	•		0.00	3.00	0.00
Tocopherol, delta	•										
Tocotrienol, alpha											
Tocotrienol, beta	•										
Tocotrienol, delta											
Tocotrienol, delta	Tocotrienol, gamma	mg									
Vitamin D	_										
Vitamin K (phylloquinone)µg 0.3 0 BFFN 4 0.7 0.1 2.7			1.3	3	0	AS	1		3.1	0.4	12.5
4 5 1	Vitamin D	IU	51		0	BFZN	4		125	16	498
Dihydrophylloquinoneµg	Vitamin K (phylloquinone)	µg	0.3	3	0	BFFN	4		0.7	0.1	2.7
	Dihydrophylloquinone	µg									

	<u>A</u>	mount in	100 grams	of edil	ble portion	<u>1</u>	Amount in	edible portion o	of common
			Number					easures of foo	
					Source C	onfidence			
Nutrients and Units	Mean	Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	g 2.	154	0		1		5.256	0.657	21.023
4:0	O .	112	52		1		0.273	0.034	1.093
6:0	•	066	68		1		0.161	0.020	0.644
8:0 10:0	=	039 087	89 89		1 1		0.095 0.212	0.012 0.027	0.381 0.849
12:0	· ·	097	89		1		0.212	0.027	0.947
13:0	•								
14:0	g 0.	348	88		1		0.849	0.106	3.396
15:0	=								
16:0	•	910	88		1		2.220	0.278	8.882
17:0 18:0	•	419	88		1		1.022	0.128	4.089
20:0	•	117	00		-		1.022	0.120	4.005
22:0	-								
24:0	•								
Fatty acids, total monounsaturated	•	999	0		1		2.438	0.305	9.750
14:1									
15:1 16:1 undifferentiated	•	077	71		1		0.188	0.023	0.752
17:1	-	077	,-		-		0.100	0.025	0.752
18:1 undifferentiated	-	870	78		1		2.123	0.265	8.491
20:1	g 0.	000	0		1		0.000	0.000	0.000
22:1 undifferentiated	•	000	0		1		0.000	0.000	0.000
24:1 c	=		•		_				1 040
Fatty acids, total polyunsaturated	•	128 078	0 74		1 1		0.312 0.190	0.039 0.024	1.249 0.761
18:2 undifferentiated	.0	078 050	74 65		1		0.190	0.024	0.488
18:4	.0	000	0		1		0.000	0.000	0.000
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		000	0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	-0	000	0		1		0.000	0.000	0.000
21:5 22:4	=								
22:5 n-3 (DPA)	=	000	0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	•	000	0		1		0.000	0.000	0.000
Fatty acids, total trans	g								
Cholesterol			0		1		33	4	133
Phytosterols	mg								
Amino Acids:									
Tryptophan	.0	044	0		1		0.107	0.013	0.429
Threonine		140	0		1		0.342	0.043	1.366
Isoleucine	•	188 304	0		1 1		0.459 0.742	0.057	1.835
LeucineLvsine	•	246	0		1		0.600	0.093 0.075	2.967 2.401
Methionine	.0	078	0		1		0.190	0.024	0.761
Cystine	g 0.	029	0		1		0.071	0.009	0.283
Phenylalanine	g 0.	150	0		1		0.366	0.046	1.464
Tyrosine	•	150	0		1		0.366	0.046	1.464
Valine	•	207	0		1 1		0.505	0.063	2.020
Arginine Histidine	•	112 084	0		1		0.273 0.205	0.034 0.026	1.093 0.820
Alanine	•	107	0		1		0.261	0.020	1.044
Aspartic acid	=	235	0		1		0.573	0.072	2.294
Glutamic acid	g 0.	649	0		1		1.584	0.198	6.334
Glycine		066	0		1		0.161	0.020	0.644
Proline	•	300	0		1		0.732	0.092	2.928
Serine Hydroxyproline	•	169	0		1		0.412	0.052	1.649
	9								
Others:		_	_		_				
Alcohol, ethyl	=	U	0	z	7 7		0.0	0.0 0	0.0 0
Caffeine	ing 0		U	Z	,		U	U	U

NDB No. 01089 Milk, low sodium, fluid

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in i	oo gi aii	is or ear	ble portic	<u>on</u>	Amount in e	dible portion	of common
				Num b	er			<u>m</u>	easures of fo	<u>od</u>
						Source	Confidence			
Nutrients and Ur		Maan	Std. Erro				Code	Manaura 1	Measure 2	Magaura
Nutrients and Or	iits	Mean	Sta. Erro	or i onic	3 00 00	Oode	Oode	Measure 1	Measure 2	Measure
Proximates:										
Water	g	88.74	. 0	.028 28	3	1		218.30	873.20	
Energy	kcal	48		0	NC	4		119	477	
Energy	kJ	203		0		4		498	1994	
Protein (N x 6.38)	g	3.93	0	.028 2	5	1		9.67	38.67	
Total lipid (fat)	g	1.17	0	.024 30)	1		2.88	11.51	
Ash	g	0.86		0		1		2.12	8.46	
Carbohydrate, by difference	g	5.52	!	0	NC	4		13.58	54.32	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
<u> Iinerals:</u>										
Calcium, Ca	-	142		0		1		349	1397	
Iron, Fe	-	0.06	i	0		1		0.15	0.59	
Magnesium, Mg		16		0		1		39	157	
Phosphorus, P	-	111		0		1		273	1093	
Potassium, K	-	180		0		1		444	1774	
Sodium, Na	-	58		0		1 1		143	574 4.43	
Zinc, Zn	-	0.45 0.01		0		1		1.11 0.025	4.43 0.098	
Copper, Cu Manganese, Mn		0.01		0		1		0.025	0.020	
Selenium, Se		2.5	2	0	BFNN			6.2	24.6	
Seienium, Se	μ9	2.5		U	DF NN	-		0.2	24.0	
<u>itamins:</u>										
Vitamin C, total ascorbic acid	mg	1.2		0		1		2.8	11.3	
Thiamin	mg	0.04	.5	0		1		0.111	0.443	
Riboflavin	mg	0.19	2	0		1		0.472	1.889	
Niacin	mg	0.10	0	0		1		0.246	0.984	
Pantothenic acid	mg	0.37		0		1		0.918	3.670	
Vitamin B-6	mg	0.05	0	0		1		0.123	0.492	
Folate, total	µg	6		0		1		15	58	
Folic acid	µg	0		0		7		0	0	
Folate, food		6		0		1		15	58	
Folate, DFE	µg	6		0	NC	4		15	58	
Choline, total	-									
Betaine										
Vitamin B-12		0.43		0		1		1.05	4.18	
Vitamin A, RAE		61		0		1		150	600	
Retinol		61		0		1		150	600	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta		222		_		-		400	1000	
Vitamin A, IU		203		0		1		499	1998	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.0		0	NR	4		2.5	9.8	
Vitamin D (D2 + D3)		40		0		4		98	394	
Vitamin K (phylloquinone)		40		U	۵	7		20	334	
Dihydrophylloquinone										
Menaquinone-4										
wichaquinone-4	µ9									

	<u>A</u> 1	n oun	t in 100 gı	ram s	of edi	ble portion		Amount in e	edible portion	of common_
			Nur	nber	•			<u>m</u>	easures of foo	od_
			of	Data	Deriv	Source Confi	dence			
Nutrients and Units	Mean	Std	.Error Po	ints	Code	Code Co	ode	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		728		0		1		1.791	7.164	
4:0	.0	038 022	0.001			1		0.093	0.374	
6:0 8:0	.0	022	0.001			1		0.054 0.032	0.216 0.128	
10:0	•	029	0.001			1		0.032	0.128	
12:0	_	033	0.001			1		0.081	0.325	
13:0	-									
14:0	.g 0.	118	0.003	88		1		0.290	1.161	
15:0	.g									
16:0	=	308	0.007	88		1		0.758	3.031	
17:0	-					_				
18:0	_	142	0.003	88		1		0.349	1.397	
20:0 22:0	-									
24:0	_									
Fatty acids, total monounsaturated		338		0		1		0.831	3.326	
14:1										
15:1	_									
16:1 undifferentiated	.g 0.	026	0.001	71		1		0.064	0.256	
17:1										
18:1 undifferentiated		294	0.007	78		1		0.723	2.893	
20:1										
22:1 undifferentiated										
24:1 c		043		0		1		0.106	0.423	
Fatty acids, total polyunsaturated	. •	026	0.001			1		0.106	0.423	
18:3 undifferentiated		017	0.001			1		0.042	0.167	
18:4	=		****			_		******	01207	
20:2 n-6 c,c	_									
20:3 undifferentiated	.g									
20:4 undifferentiated	.g 0.	000		0		4		0.000	0.000	
20:5 n-3 (EPA)	_									
21:5	_									
22:4	_									
22:5 n-3 (DPA) 22:6 n-3 (DHA)	_									
Fatty acids, total trans	_									
Cholesterol				2		1		10	39	
Phytosterols	.mg									
Amino Acids:										
Tryptophan	.g 0.	055		0		1		0.135	0.541	
Threonine		177		0		1		0.435	1.742	
Isoleucine	.g 0.	238		0		1		0.585	2.342	
Leucine	•	385		0		1		0.947	3.788	
Lysine	•	312		0		1		0.768	3.070	
Methionine	•	099		0		1		0.244	0.974	
Cystine	•	036		0		1		0.089	0.354	
Phenylalanine	•	190		0		1 1		0.467	1.870	
Tyrosine		190 263		0		1		0.467 0.647	1.870 2.588	
Valine	•	263 142		0		1		0.847	1.397	
Histidine	•	107		0		1		0.263	1.053	
Alanine	•	136		0		1		0.335	1.338	
Aspartic acid	•	298		0		1		0.733	2.932	
Glutamic acid	•	823		0		1		2.025	8.098	
Glycine		083		0		1		0.204	0.817	
Proline	.g 0.	381		0		1		0.937	3.749	
Serine	•	214		0		1		0.526	2.106	
Hydroxyproline	.g									

Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am</u>	ount in 1	00 grams	or ean	ole portio	<u>'n</u>	Amount in e	dible portion	of common
				Number				<u>m</u>	easures of fo	<u>od</u>
						Source (Confidence			
Nutrients and Ur	vito	Mean	Ctd Err	or Points		Code	Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Wean	Sta. Erro	or romits	Oouc	Oode	Oode	Measure 1	weasure 2	weasure
Proximates:										
Water	g	89.83	1	0		1		220.03	880.14	
Energy	kcal	43		0	NC	4		104	418	
Energy	kJ	178		0		4		437	1748	
Protein (N x 6.38)	g	3.48	В	0		1		8.53	34.10	
Total lipid (fat)	g	0.9	7 0	.020 391		1		2.38	9.51	
Ash	g	0.7	7	0		1		1.89	7.55	
Carbohydrate, by difference	g	4.9	7	0	NC	4		12.18	48.71	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch										
Iinerals:										
Calcium, Ca		128		0		1		313	1251	
Iron, Fe	-	0.0	5	0		1		0.12	0.49	
Magnesium, Mg		14		0		1		35	141	
Phosphorus, P	-	100		0		1		245	979	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	162		0		1		397	1589	
Sodium, Na	-	52		0		1		128	514	
Zinc, Zn	-	0.40		0		1		0.98	3.92	
Copper, Cu	-	0.03		0		1		0.025	0.098	
Manganese, Mn		0.00	02	0		1		0.005	0.020	
Selenium, Se	µg	2.3		0	BFNN	4		5.6	22.5	
itamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.5	9.8	
Thiamin	-	0.04	40	0		1		0.098	0.392	
Riboflavin		0.1	73	0		1		0.424	1.695	
Niacin	-	0.09	90	0		1		0.221	0.882	
Pantothenic acid	-	0.3	36	0		1		0.823	3.293	
Vitamin B-6	-	0.04	45	0		1		0.110	0.441	
Folate, total	µg	5		0		1		13	52	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	5		0		1		13	52	
Folate, DFE		5		0	NC	4		13	52	
Choline, total										
Betaine	mg									
Vitamin B-12	µg	0.38	В	0		1		0.94	3.74	
Vitamin A, RAE	µg	59		0	NC	4		143	573	
Retinol		58		0	NC	4		142	568	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		204		0		1		500	1999	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma	mg									
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	1.0		0	NR	4		2.5	9.8	
Vitamin D		40		0	S	4		98	392	
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
	µg									

	Δ	m ou	nt in 100	gram s	ble porti	<u>ion</u>		dible portion o	
Nutrients and Units	Mean	Sto	d. Error I		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g 0.	604		0	1		1.480	5.919	
4:0	g 0.	031	0.00	1 52	1		0.076	0.304	
6:0		019	0.00	1 68	1		0.047	0.186	
8:0		011		0 89	1		0.027	0.108	
10:0		024		1 89	1 1		0.059 0.066	0.235 0.265	
12:0		027	0.00	1 89	1		0.066	0.265	
14:0	=	098	0.00	2 88	1		0.240	0.960	
15:0	=				_		01210	0.500	
16:0	=	255	0.00	6 88	1		0.625	2.499	
17:0	g								
18:0	•	118	0.00	3 88	1		0.289	1.156	
20:0	•								
22:0	•								
Fatty acids, total monounsaturated	•	280		0	1		0.686	2.744	
14:1	=	200		U	_		0.000	2.744	
15:1	=								
16:1 undifferentiated	•	022	0.00	1 71	1		0.054	0.216	
17:1	_								
18:1 undifferentiated	g 0.	244	0.00	6 78	1		0.598	2.391	
20:1	_	000		0	1		0.000	0.000	
22:1 undifferentiated		000		0	1		0.000	0.000	
24:1 c				_	_				
Fatty acids, total polyunsaturated		036 022	0.00	0 1 74	1 1		0.088 0.054	0.353 0.216	
18:2 undifferentiated	_	014		1 65	1		0.034	0.216	
18:4	•	000	0.00	0	1		0.000	0.000	
20:2 n-6 c,c				•	_			***************************************	
20:3 undifferentiated									
20:4 undifferentiated		000		0	4		0.000	0.000	
20:5 n-3 (EPA)	g 0.	000		0	1		0.000	0.000	
21:5	=								
22:4	=			_	_				
22:5 n-3 (DPA)	9	000		0	1 1		0.000	0.000	
22:6 n-3 (DHA)	9	000		U	1		0.000	0.000	
Cholesterol				0	1		10	39	
Phytosterols	-			-	_				
•	·								
Amino Acids:	a 0	040		0	1		0 100	0 400	
Tryptophan	•	049 157		0	1		0.120 0.385	0.480 1.539	
Isoleucine	9	211		0	1		0.517	2.068	
Leucine	9	341		0	1		0.835	3.342	
Lysine	•	276		0	1		0.676	2.705	
Methionine	•	087		0	1		0.213	0.853	
Cystine	g 0.	032		0	1		0.078	0.314	
Phenylalanine	g 0.	168		0	1		0.412	1.646	
Tyrosine	•	168		0	1		0.412	1.646	
Valine	9	233		0	1		0.571	2.283	
Arginine	9	126		0	1 1		0.309	1.235	
Histidine	•	120		0	1		0.230 0.294	0.921	
Alanine	•	120 264		0	1		0.294	1.176 2.587	
Glutamic acid	•	729		0	1		1.786	7.144	
Glycine	•	074		0	1		0.181	0.725	
Proline	=	337		0	1		0.826	3.303	
Serine	•	189		0	1		0.463	1.852	
Hydroxyproline	=								
Others:									
Alcohol, ethyl	g 0.	0		0	7		0.0	0.0	
Caffeine	•	-		•	-				
Theobromine	-				 				

Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D

Amount in 100 grams of edible portion

Amount in edible portion of common

measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cupMeasure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am oun</u>	t in 100 gr	ams	of edil	ole portion	<u>l</u>	Amount in e	dible portion	of common
			Nun	nber	•				easures of foc	
						Source Co	onfidence			
Nutrients and	Units	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	89.92	0.174	12	A	1		219.40	27.43	877.62
Energy		42		0	NC	4		103	13	412
Energy		177		0	NC	4		432	54	1728
Protein (N x 6.38)		3.37	0.061	12	A	1		8.21	1.03	32.86
Total lipid (fat)		0.97	0.026	6	JO	11		2.37	0.30	9.47
Ash		0.75		12	A	1		1.83	0.23	7.32
Carbohydrate, by difference		4.99		0	NC	4		12.18	1.52	48.74
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		5.20	0.104		A	1		12.68	1.58	50.72
		0.00	0.000	12	A	1		0.00	0.00	0.00
Sucrose		0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose	9 C	5.20	0.104	12	A	1		12.68	1.58	50.72
Lactose		0.00	0.000	12	A	1		0.00	0.00	0.00
Maltose		0.00	0.000	12	A	1		0.00	0.00	0.00
GalactoseStarch		0.00	0.000	12	A	-		0.00	0.00	0.00
Minerals:										
Calcium, Ca	ma	125	1.443	4	A	1		304	38	1215
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.03	0.004	4	A	1		0.07	0.01	0.28
Magnesium, Mg		11	0.093	22	A	1		26	3	106
Phosphorus, P		95	0.368	21	A	1		233	29	930
Potassium, K		150	1.088	11	A	1		365	46	1461
Sodium, Na		44	0.760	23	A	1		107	13	429
Zinc, Zn		0.42	0.003	11	A	1		1.03	0.13	4.12
Copper, Cu		0.010	0.001	12	A	1		0.023	0.003	0.09
Manganese, Mn		0.003	0.000	12	A	1		0.006	0.001	0.02
Selenium, Se		3.3	0.301	12	A	1		8.1	1.0	32.3
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin	_	0.020	0.002		A	1		0.049	0.006	0.19
Riboflavin	mg	0.185			A	1		0.451	0.056	1.80
Niacin	mg	0.093	0.003	12	A	1		0.226	0.028	0.90
Pantothenic acid	•	0.361	0.014	4	A	1		0.880	0.110	3.51
Vitamin B-6	mg	0.037	0.001	12	A	1		0.090	0.011	0.36
Folate, total		5	0.083	12	A	1		12	1	48
Folic acid		0		0	Z	7		0	0	0
Folate, food		5	0.083		A	1		12	1	48
Folate, DFE		5		0	NC	4		12	1	48
Choline, total	_	17.7		0	AS	1		43.1	5.4	172.3
Betaine	• • • • • • • • • • • • • • • • • • • •	0.6		1	A	1		1.5	0.2	6.0
Vitamin B-12		0.47	0.019	4	A	1		1.14	0.14	4.56
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		58		0	NC	4		142	18	567
Retinol		58		0	T	4		142	18	566
Carotene, beta		2		0	BFFN	4		4	0	15
Carotene, alpha		0		0	BFFN	4		0	0	0
Cryptoxanthin, beta		0		0	BFFN	4		0	0	0
Vitamin A, IU		196		0	NC	4		478	60	1912
Lycopene		0		0	BFFN	4		0	0	0
Lutein + zeaxanthin		0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)		0.01	0.002		A	1		0.03	0.00	0.11
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg	0.00	0.000		A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta	mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha	mg	0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta	ma	0.00	0.000	12	A	1		0.00	0.00	0.00

	Am	ount i	n 100 gr	am s	of edi	ble porti	<u>on</u>	Amount in e	dible portion o	of common
			Maria						easures of foo	•
				n ber		C	0	<u></u>	0404100 01 100	<u>. u</u>
							Confidence			
Nutrients and Units	Mean	Std. E	rror Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	0	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, delta	0.0		0.000		A	1		0.00	0.00	0.00
· -	1.2		0.000	24	AS	1		2.9	0.4	
Vitamin D (D2 + D3)	1.2			24	AS	_		2.9	0.4	11.7
Vitamin D2 (ergocalciferol)µg	1 1		0 060	24		1		2.0	0.4	11 7
Vitamin D3 (cholecalciferol)µg	1.2		0.068	24	A			2.9	0.4	11.7
Vitamin D	48		2.706	24	A	1		117	15	467
Vitamin K (phylloquinone)µg	0.1		0.000	4	A	1		0.2	0.0	1.0
Dihydrophylloquinoneµg	0.0		0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4µg										
<u>Lipids:</u>										
Fatty acids, total saturated	0.6	33		0	NC	4		1.543	0.193	6.173
4:0g	0.0	24	0.002	4	A	1		0.058	0.007	0.233
6:0g	0.0	18	0.002	4	A	1		0.043	0.005	0.173
8:0g	0.0	13	0.000	4	A	1		0.031	0.004	0.123
10:0g	0.0	27	0.001	4	A	1		0.067	0.008	0.266
12:0g	0.0	29	0.001	4	A	1		0.072	0.009	0.288
13:0g										
14:0g	0.0	91	0.002	4	A	1		0.222	0.028	0.889
15:0g	0.0	10	0.000	4	A	1		0.024	0.003	0.096
16:0	0.2		0.001	4	A	1		0.700	0.088	2.801
17:0g	0.0		0.000	4	A	1		0.014	0.002	0.055
18:0	0.1		0.004	4	A	1		0.308	0.002	1.230
	0.0		0.004	4	A	1				0.019
20:0g	0.0	02	0.000	4	А	1		0.005	0.001	0.019
22:0g										
24:0g										0.706
Fatty acids, total monounsaturatedg	0.2			0	NC	4		0.676	0.085	2.706
14:1g	0.0		0.000	4	A	1		0.017	0.002	0.066
15:1g	0.0		0.000	4	A	1		0.005	0.001	0.020
16:1 undifferentiatedg	0.0	17		0	AS	1		0.040	0.005	0.162
16:1 cg	0.0	17	0.000	4	A	1		0.040	0.005	0.162
16:1 tg										
17:1g	0.0	02	0.000	4	A	1		0.005	0.001	0.020
18:1 undifferentiatedg	0.2	50		0	AS	1		0.610	0.076	2.438
18:1 cg	0.2	13	0.005	4	A	1		0.519	0.065	2.076
18:1 tg	0.0	37	0.003	4	A	1		0.090	0.011	0.362
18:1-11 t (18:1t n-7)g										
20:1	0.0	00	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated	0.0		0.000	4	A	1		0.000	0.000	0.000
24:1 c	0.0	00	0.000	-		-		0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.0	35		٥	NC	4		0.085	0.011	0.339
	0.0			0	AS	1		0.074	0.009	0.295
18:2 undifferentiatedg			0.001		AS	1				
18:2 n-6 c,cg	0.0	4/	0.001	4	A			0.066	0.008	0.266
18:2 CLAsg										
18:2 t,tg					_	_				
18:2 ig	0.0	03	0.000	4	A	1		0.007	0.001	0.030
18:2 t not further definedg										
18:3 undifferentiatedg	0.0			0	AS	1		0.011	0.001	0.043
18:3 n-3 c,c,c (ALA)g	0.0	04	0.000	4	A	1		0.011	0.001	0.043
18:3 n-6 c,c,cg										
18:3ig										
18:4g	0.0	00	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:3 n-3g										
20:3 n-6g										
20:4 undifferentiatedg	0.0	00	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6g										
20:5 n-3 (EPA)	0.0	00	0.000	4	A	1		0.000	0.000	0.000
21:5	2.0	-		-		_				
21:3g 22:4g										
22:5 n-3 (DPA)g	0.0	00	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)	0.0	00	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total transg	_			,	_	_				, -
Cholesterolmg	5		0.109	4	A	1				46

		Amour	nt in 100 gr	am s	of edi	<u>on</u>	Amount in edible portion of common			
			Nun	nbei	r			<u>m</u>	easures of foo	<u>od</u>
			of l	Data	Deriv	Source (Confidence			
Nutrients a	nd Units	Mean Sto	I. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
- Nati lettes at	na omio	mean or						medoure i	medsure 2	incusure o
Cholesterol	mg	5	0.109		A	1		12	1	
Phytosterols	mg									
Stigmasterol	mg	0	0.000	4	A	1		0	0	0
Campesterol	mg	0	0.000	4	A	1		0	0	0
Beta-sitosterol	mg	0	0.000	4	A	1		0	0	0
Amino Acids:										
Tryptophan	g	0.043		0	A	1		0.105	0.013	0.420
Threonine	g	0.143		0	A	1		0.350	0.044	1.399
Isoleucine	g	0.174		0	A	1		0.425	0.053	1.700
Leucine	g	0.319		0	A	1		0.777	0.097	3.110
Lysine	g	0.282		0	A	1		0.687	0.086	2.748
Methionine	g	0.088		0	A	1		0.215	0.027	0.860
Cystine	g	0.020		0	A	1		0.050	0.006	0.200
Phenylalanine	g	0.174		0	A	1		0.425	0.053	1.701
Tyrosine	g	0.170		0	A	1		0.415	0.052	1.660
Valine	g	0.220		0	A	1		0.538	0.067	2.151
Arginine	g	0.096		0	A	1		0.235	0.029	0.938
Histidine	g	0.101		0	A	1		0.248	0.031	0.990
Alanine	g	0.114		0	A	1		0.278	0.035	1.110
Aspartic acid	g	0.288		0	A	1		0.703	0.088	2.811
Glutamic acid	g	0.756		0	A	1		1.845	0.231	7.380
Glycine	g	0.067		0	A	1		0.163	0.020	0.650
Proline	g	0.332		0	A	1		0.810	0.101	3.241
Serine	g	0.203		0	A	1		0.495	0.062	1.980
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 01087 Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Refuse:0%

		Am	ount in	ou gram	s or ear	ble porti	<u>on</u>	Amount in e	edible portion	of common
				Num be	r			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Frre	or Points			Code	Measure 1	Measure 2	Measure
Hadi formo ana or			0.0.2.					mododio i	mouou.o z	ououro
Proximates:										
Water	_	89.3	5	0		1		219.83	879.30	
Energy		41		0	NC	4		100	400	
Energy		170		0		4		418	1673	
Protein (N x 6.38)		3.9		0.029 5		1		9.74	38.97	
Total lipid (fat)	g	0.2		0.011 29	5	1		0.62	2.46	
Ash	_	0.8		0		1		2.14	8.56	
Carbohydrate, by difference	g	5.5	5	0	NC	4		13.68	54.71	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Inerals:										
Calcium, Ca	ma	143		0		1		352	1407	
Iron, Fe	-	0.0	5	0		1		0.15	0.59	
Magnesium, Mg	-	16		0		1		40	158	
Phosphorus, P	-	112		0		1		275	1101	
Potassium, K		182		0		1		446	1786	
Sodium, Na	<u>mg</u>	59		0		1		144	578	
Zinc, Zn	mg	0.4	5	0		1		1.11	4.43	
Copper, Cu	mg	0.0	11	0		1		0.027	0.108	
Manganese, Mn	mg	0.0	02	0		1		0.005	0.020	
Selenium, Se	µg	2.4		0	BFNN	4		5.9	23.6	
itamins:										
Vitamin C, total ascorbic acid	ma	1.1		0		1		2.8	11.0	
Thiamin	-	0.0	15	0		1		0.111	0.443	
Riboflavin		0.1		0		1		0.477	1.909	
Niacin	-	0.1		0		1		0.248	0.994	
Pantothenic acid	-	0.3		0		1		0.925	3.700	
Vitamin B-6	-	0.0		0		1		0.123	0.492	
Folate, total	-	6		0		1		15	59	
Folic acid		0		0	Z	7		0	0	
Folate, food		6		0		1		15	59	
Folate, DFE		6		0	NC	4		15	59	
Choline, total										
Betaine	-									
Vitamin B-12	-	0.4	3	0		1		1.05	4.20	
Vitamin A, RAE	ug	61		0		1		150	600	
Retinol		61		0		1		150	600	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		203		0		1		499	1998	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.0		0	NR	4		2.5	9.8	
Vitamin D		40		0	S	4		98	394	
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	ua									

		Amount in 100 grams of edible portion Number of Data Deriv Source Confidence							dible portion o	
Nutrients and Units	Me	an St	of td. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.162		0		1		0.399	1.594	
4:0	g	0.013	0.001	8		1		0.032	0.128	
6:0	g	0.002	0.000	12		1		0.005	0.020	
8:0	g	0.003	0.000	12		1		0.007	0.030	
10:0	g	0.005	0.001	12		1		0.012	0.049	
12:0		0.003	0.000	12		1		0.007	0.030	
13:0										
14:0		0.024	0.001	12		1		0.059	0.236	
15:0	-									
16:0	=	0.073	0.004	12		1		0.180	0.718	
17:0	-					_				
18:0	-	0.026	0.001	12		1		0.064	0.256	
20:0 22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	0.065		0		1		0.160	0.640	
14:1	-			·		_		0.100	0.010	
15:1	· ·									
16:1 undifferentiated	•	0.009	0.001	12		1		0.022	0.089	
17:1	•									
18:1 undifferentiated	-	0.053	0.003	12		1		0.130	0.522	
20:1	g									
22:1 undifferentiated	.g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.009		0		1		0.022	0.089	
18:2 undifferentiated	.g	0.006	0.000	12		1		0.015	0.059	
18:3 undifferentiated	.g	0.003	0.000	11		1		0.007	0.030	
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)	-									
21:5 22:4	-									
22:5 n-3 (DPA)	-									
22:6 n-3 (DHA)	•									
Fatty acids, total trans										
Cholesterol		2		0		1		5	20	
Phytosterols	-									
Amino Acids:										
	a	0.056		0		1		0.138	0.551	
TryptophanThreonine		0.179		0		1		0.138	1.761	
Isoleucine		0.240		0		1		0.590	2.362	
Leucine		0.388		0		1		0.954	3.818	
Lysine		0.314		0		1		0.772	3.090	
Methionine		0.099		0		1		0.244	0.974	
Cystine	•	0.037		0		1		0.091	0.364	
Phenylalanine		0.191		0		1		0.470	1.879	
Tyrosine	=	0.191		0		1		0.470	1.879	
Valine		0.265		0		1		0.652	2.608	
Arginine	g	0.143		0		1		0.352	1.407	
Histidine		0.107		0		1		0.263	1.053	
Alanine	g	0.137		0		1		0.337	1.348	
Aspartic acid	g	0.300		0		1		0.738	2.952	
Glutamic acid	g	0.829		0		1		2.039	8.157	
Glycine	g	0.084		0		1		0.207	0.827	
Proline		0.384		0		1		0.945	3.779	
Serine		0.215		0		1		0.529	2.116	
Hydroxyproline	g									

Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01086 Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Refuse:0%

		Am	ount	in 100 g	ıram s	or edil	ole porti	<u>on</u>	Amount in e	dible portion	of common
				Nu	mber				<u>m</u>	easures of fo	<u>od</u>
							Source	Confidence			
Nutrients and Un	ite	Mean	Std	Error P			Code	Code	Measure 1	Measure 2	Measure
Nati lents and on		Mean	Olu.						incasare i	measure 2	wcasarc .
Proximates:											
Water	g	90.3	В		0		1		221.43	27.66	885.72
Energy	kcal	37			0	NC	4		90	11	361
Energy	kJ	154			0		4		378	47	1512
Protein (N x 6.38)	g	3.5	7	0.030	56		1		8.75	1.09	34.99
Total lipid (fat)	g	0.2	5	0.011	296		1		0.61	0.08	2.45
Ash	g	0.7	В		0		1		1.91	0.24	7.64
Carbohydrate, by difference	g	5.0	2		0	NC	4		12.30	1.54	49.20
Fiber, total dietary	g	0.0			0		4		0.0	0.0	0.0
Sugars, total		5.0	2		0	T	4		12.30	1.54	49.20
Starch											
Minerals:	_										
	m.c	129			0		1		316	40	1265
Calcium, Ca	-	0.0	5		0		1		0.12	0.02	0.49
Iron, Fe	-	15	,		0		1		36	0.02 4	142
Phosphorus, P		104			0		1		255	32	1019
Potassium, K		171			0		1		418	52	1673
Sodium, Na	-	53			0		1		130	16	519
Zinc, Zn		0.4	1		0		1		1.00	0.13	4.02
Copper, Cu	•	0.0			0		1		0.027	0.003	0.10
Manganese, Mn		0.0			0		1		0.005	0.001	0.02
Selenium, Se		2.2			0	BFNN	4		5.4	0.7	21.6
,											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	1.0			0		1		2.5	0.3	9.9
Thiamin	-	0.0			0		1		0.100	0.013	0.40
Riboflavin	-	0.1			0		1		0.429	0.054	1.71
Niacin	-	0.0			0		1		0.223	0.028	0.89
Pantothenic acid	-	0.3			0		1		0.831	0.104	3.32
Vitamin B-6	-	0.0	46		0		1		0.113	0.014	0.45
Folate, total		5			0	_	1		13	2	53
Folic acid		0			0	Z	7		0	0	0
Folate, food		5			0		1		13	2	53
Folate, DFE		5			0	NC	4		13	2	53
Choline, total	-	16.0			0	T	4		39.2	4.9	156.8
Betaine			_				_				
Vitamin B-12		0.3			0	_	1		0.95	0.12	3.78
Vitamin B-12, added		0.0	U		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		64			0	NC	4		157	20	628
Retinol	· -	64			0	BFSN	-		157	20	628
Carotene, beta		0			0	Z	7		0	0	0
Carotene, alpha		0			0	Z	7		0	0	0
Cryptoxanthin, beta		0			0	Z	7		0	0	0
Vitamin A, IU		214			0	NC	4		523	65	2093
Lycopene		0			0	Z	7		0	0	0
Lutein + zeaxanthin		0			0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.0			0	BFSN	4		0.01	0.00	0.06
Vitamin E, added		0.0	U		0	Z	7		0.00	0.00	0.00
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta	-										
Tocotrienol, gamma											
Tocotrienol, delta		1.2			0	AS	1		3.0	0.4	12.0
Vitamin D (D2 + D3)		49			0	BFSN	4		120	0.4 15	12.0 481
Vitamin D		0.0			0	BFSN	4		0.0		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.0			U	DF 5N	*		0.0	0.0	0.0
Lunydrophylloguinone	uu										

	<u>A</u>	m oı	unt in 100 g			ble porti	<u>on</u>		dible portion of	
			of		Deriv		Confidence	<u></u>	<u> </u>	-
Nutrients and Units	Mean	S	td. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	_					_				
Fatty acids, total saturated	•	162	0.001	0 L 8		1 1		0.397 0.032	0.050 0.004	1.588 0.127
6:0	•	002	0.000			1		0.005	0.001	0.020
8:0	.g 0.	003	0.000	12		1		0.007	0.001	0.029
10:0		005	0.001			1		0.012	0.002	0.049
12:0	=	003	0.000	12		1		0.007	0.001	0.029
13:0 14:0	=	024	0.001	1 12		1		0.059	0.007	0.235
15:0	=		0.002			-		0.033	0.007	0.233
16:0	-	073	0.004	1 12		1		0.179	0.022	0.715
17:0	-									
18:0		026	0.001	L 12		1		0.064	0.008	0.255
20:0	=									
24:0	-									
Fatty acids, total monounsaturated		065		0		1		0.159	0.020	0.637
14:1	.g									
15:1			0.00	. 10				0.000	0.003	0.000
16:1 undifferentiated 17:1		009	0.001	L 12		1		0.022	0.003	0.088
18:1 undifferentiated		053	0.003	3 12		1		0.130	0.016	0.519
20:1		000		0		1		0.000	0.000	0.000
22:1 undifferentiated	.g 0.	000		0		1		0.000	0.000	0.000
24:1 c	-					_				
Fatty acids, total polyunsaturated		009	0.000	0		1 1		0.022 0.015	0.003 0.002	0.088 0.059
18:2 undifferentiated	-	003	0.000			1		0.013	0.002	0.039
18:4	•	000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	.g									
20:3 undifferentiated										
20:4 undifferentiated	.0	000		0		1 1		0.000	0.000	0.000
20:5 n-3 (EPA) 21:5	=	.000		U		1		0.000	0.000	0.000
22:4	=									
22:5 n-3 (DPA)	=	000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	•	000		0		1		0.000	0.000	0.000
Fatty acids, total trans				•				_	-	00
CholesterolPhytosterols	_			0		1		5	1	20
,	,iig									
Amino Acids:	_			_		_				
Tryptophan Threonine	.0	050 161		0		1 1		0.123 0.394	0.015 0.049	0.490 1.578
Isoleucine	•	216		0		1		0.529	0.049	2.117
Leucine	.0	350		0		1		0.858	0.107	3.430
Lysine	.g 0.	283		0		1		0.693	0.087	2.773
Methionine	•	090		0		1		0.221	0.028	0.882
Cystine		033		0		1 1		0.081	0.010	0.323
Phenylalanine Tyrosine		172 172		0		1		0.421 0.421	0.053 0.053	1.686 1.686
Valine	•	239		0		1		0.586	0.073	2.342
Arginine		129		0		1		0.316	0.039	1.264
Histidine		097		0		1		0.238	0.030	0.951
Alanine	=	123		0		1		0.301	0.038	1.205
Aspartic acid	•	271 748		0		1 1		0.664 1.833	0.083 0.229	2.656 7.330
Glutamic acid	.0	076		0		1		0.186	0.229	0.745
Proline		346		0		1		0.848	0.106	3.391
Serine		194		0		1		0.475	0.059	1.901
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	=	0		0		7		0.0	0.0	0.0
Caffeine	mg 0			0	z	7		0	0	0

Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

	<u>Ar</u>	nount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amou	nt in 100 gr	am s	of edil	ble porti	<u>on</u>	Amount in e	dible portion	of common
			Nun	nber				m	easures of fo	od
			of l	Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean Sto	l. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	90.84	0.032	12	A	1		222.56	27.80	890.22
Energy	-	34	0.032	0	NC	4		84	10	336
Energy		143		0	NC	4		350	44	1401
Protein (N x 6.38)		3.37	0.032		A	1		8.26	1.03	33.03
Total lipid (fat)		0.08	0.009	12	A	1		0.20	0.02	0.78
Ash		0.75	0.005	12	A	1		1.85	0.02	7.38
Carbohydrate, by difference	-	4.96	0.000	0	NC	4		12.14	1.52	48.58
Fiber, total dietary		0.0		0	NC	4		0.0	0.0	0.0
Sugars, total		5.09	0.048	12	A	1		12.48	1.56	49.93
		0.00	0.000	12	A	1		0.00	0.00	0.00
Sucrose		0.00	0.000	12	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	12	A	1		0.00	0.00	0.00
Fructose	9	5.09	0.000	12		1				
Lactose		0.00	0.048	12	A A	1		12.48 0.00	1.56	49.93 0.00
Maltose	<u>9</u>					1			0.00	
Galactose		0.00	0.000	12	A	1		0.00	0.00	0.00
Minerals:										
Calcium, Ca	ma	122	0.946	4	A	1		300	37	1198
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.03	0.003	4	A	1		0.06	0.01	0.25
Magnesium, Mg		11	0.003	41	A	1		27	3	106
Phosphorus, P		101	0.424	39	A	1		247	31	989
Potassium, K		156	0.764	26	A	1		382	48	1527
Sodium, Na	-	42	0.421	40	A	1		103	13	411
Zinc, Zn	-	0.42	0.003	27	A	1		1.03	0.13	4.12
Copper, Cu		0.013	0.000	24	A	1		0.032	0.004	0.12
Manganese, Mn		0.003	0.000	12	A	1		0.006	0.001	0.02
Selenium, Se		3.1	0.260	11	A	1		7.6	1.0	30.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin	mg	0.045	0.004	12	A	1		0.110	0.014	0.43
Riboflavin	mg	0.182	0.004	12	A	1		0.445	0.056	1.78
Niacin	mg	0.094	0.004	12	A	1		0.231	0.029	0.92
Pantothenic acid	mg	0.357	0.005	4	A	1		0.876	0.109	3.50
Vitamin B-6	mg	0.037	0.001	12	A	1		0.092	0.011	0.36
Folate, total	µg	5	0.000	10	A	1		12	2	49
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	5	0.000	10	A	1		12	2	49
Folate, DFE	µg	5		0	NC	4		12	2	49
Choline, total	mg	15.6		0	AS	1		38.3	4.8	153.3
Betaine	-	1.9		1	A	1		4.7	0.6	18.8
Vitamin B-12		0.50	0.069	4	A	1		1.23	0.15	4.92
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	61		0	NC	4		149	19	598
Retinol		61		0	T	4		149	19	598
Carotene, beta		0		0	BFFN	4		0	0	1
Carotene, alpha		0		0	BFFN	4		0	0	0
Cryptoxanthin, beta		0		0	BFFN	4		0	0	0
Vitamin A, IU		204		0	NC	4		499	62	1995
Lycopene		0		0	BFFN	4		0	0	0
Lutein + zeaxanthin		0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)		0.01	0.002		A	1		0.01	0.00	0.05
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00	0.000		A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00		12	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00		12	A	1		0.00	0.00	0.00
	mg	0.00	0.002		A	1		0.00	0.00	0.02

	<u>Ar</u>	nount in 10	00 gran	ns of ed		Amount in edible portion of common			
			Num b					easures of foo	
Nutrients and Units	Mean	Std. Erro			Source Conf Code Co	idence ode	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma	mg 0.0	0 0	.000 1:	2 A	1		0.00	0.00	0.00
Tocotrienol, delta			.000 1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)	-	2	2	a As	1		2.9	0.4	11.4
Vitamin D2 (ergocalciferol)	μg								
Vitamin D3 (cholecalciferol)			.061 2		1		2.9	0.4	11.4
Vitamin D			.431 2		1 1		114	14	458
Vitamin K (phylloquinone) Dihydrophylloquinone			.000 4 .000 4		1		0.0	0.0 0.0	0.0 0.0
Menaquinone-4					_			0.0	0.0
•									
Lipids: Fatty acids, total saturated	g 0.0	056	0		1		0.136	0.017	0.544
4:0	•		.001 8		1		0.010	0.001	0.042
6:0	g 0.0	000 0	.000 1	2	1		0.001	0.000	0.005
8:0	g 0.0	001 0	.000 1	2	1		0.002	0.000	0.009
10:0	•		.000 1		1		0.005	0.001	0.019
12:0	•	001 0	.000 1	2	1		0.003	0.000	0.014
13:0 14:0	=	nna n	.001 1	2	1		0.020	0.002	0.079
15:0	9	0.00	.001 1.	_	-		0.020	0.002	0.075
16:0	•	025 0	.002 1	2	1		0.062	0.008	0.247
17:0	g								
18:0	•	009 0	.001 1	2	1		0.022	0.003	0.088
20:0	•								
22:0 24:0	•								
Fatty acids, total monounsaturated	=	022	0		1		0.055	0.007	0.219
14:1	•								
15:1	g								
16:1 undifferentiated	-	003 0	.001 1	2	1		0.008	0.001	0.033
17:1		010 0	000 1		-				0.155
18:1 undifferentiated 20:1	=		.002 1: 0		1 1		0.044	0.006 0.000	0.177 0.000
22:1 undifferentiated	=		0		1		0.000	0.000	0.000
24:1 c									
Fatty acids, total polyunsaturated	g 0.0	003	0		1		0.008	0.001	0.033
18:2 undifferentiated			.000 1		1		0.006	0.001	0.023
18:3 undifferentiated			.000 1		1		0.002	0.000	0.009
18:4 20:2 n-6 c,c		000	0		1		0.000	0.000	0.000
20:3 undifferentiated									
20:4 undifferentiated	-	000	0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	g 0.0	000	0		1		0.000	0.000	0.000
21:5									
22:4		200	•		-				0.000
22:5 n-3 (DPA) 22:6 n-3 (DHA)			0		1 1		0.000	0.000 0.000	0.000 0.000
Fatty acids, total trans	•		Ü		-		0.000	0.000	0.000
Cholesterol		0.	.070 4		1		4	1	18
Phytosterols	,mg								
Amino Acids:									
Tryptophan	.g 0.0	043	0	A	1		0.106	0.013	0.422
Threonine	g 0.:	144	0	A	1		0.352	0.044	1.407
Isoleucine	•	174	0		1		0.427	0.053	1.709
Leucine	=		0		1		0.782	0.098	3.126
Lysine	•	282	0		1 1		0.691	0.086	2.762
Methionine Cystine	=	088 021	0		1		0.216 0.050	0.027 0.006	0.865 0.201
Phenylalanine	•	175	0		1		0.030	0.053	1.710
Tyrosine	•	170	0		1		0.417	0.052	1.669
Valine	•	221	0	A	1		0.541	0.068	2.162
Arginine	•	096	0		1		0.236	0.029	0.943
Histidine	•	102	0		1		0.249	0.031	0.995
Alanine	.g 0.:	114	0	A	1		0.279	0.035	1.116

	<u>Am ount</u>	in 100 grams	Amount in edible portion of common				
		Num be:	r		<u>m</u>	easures of foo	od .
Nutrients and Units	Mean Std.	of Data Error Points		Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Aspartic acidg	0.288	0	A	1	0.706	0.088	2.826
Glutamic acidg	0.757	0	A	1	1.855	0.232	7.420
Glycineg	0.067	0	A	1	0.163	0.020	0.654
Prolineg	0.332	0	A	1	0.815	0.102	3.258
Serineg	0.203	0	A	1	0.498	0.062	1.991
Hydroxyprolineg	0.000	0.000 4	A	1	0.000	0.000	0.000
Others:							
Alcohol, ethylg	0.0	0		7	0.0	0.0	0.0
Caffeinemg	0	0	Z	7	0	0	0
Theobrominemg	0	0	Z	7	0	0	0

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 30.6g: 1 fl oz Measure 3 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in 100 grams of edible portion							Amount in edible portion of common			
	Number						measures of food					
						Source C	Confidence					
Nutrients and Units		Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water		90.84	0.032	12	A	1		222.56	890.22			
Energy		34		0	NC	4		83	333			
Energy	kJ	142		0	NC	4		348	1392			
Protein	g	3.37	0.032	12	A	1		8.26	33.03			
Total lipid (fat)	g	0.08	0.009	12	A	1		0.20	0.78			
Ash	g	0.75	0.006	12	A	1		1.85	7.38			
Carbohydrate, by difference	g	4.96		0	NC	4		12.14	48.58			
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0			
Sugars, total	g	5.09	0.048	12	A	1		12.48	49.93			
Sucrose	g	0.00	0.000	12	A	1		0.00	0.00			
Glucose (dextrose)		0.00	0.000	12	A	1		0.00	0.00			
Fructose		0.00	0.000	12	A	1		0.00	0.00			
Lactose		5.09	0.048	12	A	1		12.48	49.93			
Maltose		0.00	0.000	12	A	1		0.00	0.00			
Galactose		0.00	0.000	12	A	1		0.00	0.00			
Starch												
Minerals:												
Calcium, Ca	mg	122	0.946	4	A	1		300	1198			
Iron, Fe	mg	0.03	0.003	4	A	1		0.06	0.25			
Magnesium, Mg	mg	11	0.071	41	A	1		27	106			
Phosphorus, P	mg	101	0.424	39	A	1		247	989			
Potassium, K	mg	156	0.764	26	A	1		382	1527			
Sodium, Na	mg	42	0.421	40	A	1		103	411			
Zinc, Zn	mg	0.42	0.003	27	A	1		1.03	4.12			
Copper, Cu	mg	0.013	0.000	24	A	1		0.032	0.127			
Manganese, Mn	mg	0.003	0.000	12	A	1		0.006	0.025			
Selenium, Se	µg	3.1	0.260	11	A	1		7.6	30.5			
Vitamins:					_							
Vitamin C, total ascorbic acid	-	0.0	0.000	4	A -	1		0.0	0.0			
Thiamin	-	0.045	0.004		A	1		0.110	0.439			
Riboflavin	•	0.182	0.004		A	1		0.445	1.780			
Niacin	-	0.094	0.004		A -	1		0.231	0.925			
Pantothenic acid	•	0.357	0.005	4	A	1		0.876	3.503			
Vitamin B-6		0.037	0.001	12	A -	1		0.092	0.366			
Folate, total		5	0.000	10	A Z	1 7		12	49			
Folic acid		0 5	0.000	0	Z A	1		0	0			
Folate, food			0.000	0		4		12	49			
Folate, DFE		5 15.6		0	NC AS	1		12 38.3	49 153.3			
Choline, total Betaine	_	1.9		1	AS A	1		4.7	18.8			
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.50	0.069	4	A	1		1.23	4.92			
Vitamin B-12, added		0.00	0.069	0	Z	7		0.00	0.00			
		2		0	NC	4		4	16			
Vitamin A, RAERetinol		1		0	BFFN	4		3	11			
Carotene, beta		7		0	BFZN	4		16	65			
Carotene, alpha		0		0	BFZN	4		0	0			
Cryptoxanthin, beta		0		0	BFZN	4		0	0			
Vitamin A, IU		15		0	NC NC	4		36	145			
Lycopene		0		0	BFZN	4		0	0			
Lutein + zeaxanthin		0		0	BFZN	4		0	0			
Vitamin E (alpha-tocopherol)		0.01	0.002		A A	1		0.01	0.05			
Vitamin E, added		0.00		0	Z	7		0.00	0.00			
Tocopherol, beta		0.00	0.000		A	1		0.00	0.00			
Tocopherol, gamma		0.00	0.000	12	A	1		0.00	0.00			
Tocopherol, delta		0.00	0.000	12	A	1		0.00	0.00			
Tocotrienol, alpha		0.00	0.002		A	1		0.00	0.02			
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00			

	<u>Am our</u>	nt in 100 gr	am s	of edil	ole porti	<u>ion</u>	Amount in e	edible portion	of common
		Num	ber				Amount in edible portion of common measures of food		
Nutrients and Units	Mean Sto		Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma		0.000		A	1		0.00	0.00	
Tocotrienol, delta		0.000	0	A As	1 1		0.00	0.00	
Vitamin D (D2 + D3)			U	AS	_		0.0	0.0	
Vitamin D3 (cholecalciferol)			0	BFFN	4		0.0	0.0	
Vitamin D			0	BFFN	4		0	1	
Vitamin K (phylloquinone)		0.000	4	A	1		0.0	0.0	
Dihydrophylloquinone		0.000	4	A	1		0.0	0.0	
Menaquinone-4									
Linida									
Lipids: Fatty acids, total saturated	0.051		0	NC	4		0.125	0.501	
4:09			0	NC	1		0.010	0.042	
6:09	•		0		1		0.010	0.042	
8:0	•		0		1		0.002	0.009	
10:09			0		1		0.005	0.019	
12:09	0.001		0		1		0.003	0.014	
13:09	I								
14:09	0.008		0		1		0.020	0.079	
15:09	J								
16:09			0		1		0.062	0.246	
17:0g									
18:09			0		1		0.022	0.088	
20:09									
22:0									
24:0			0	NC	4		0.050	0.000	
Fatty acids, total monounsaturated9	•		U	NC	4		0.052	0.209	
14:19 15:19									
16:1 undifferentiated			0		1		0.008	0.033	
17:19			-		_				
18:1 undifferentiated			0		1		0.044	0.176	
20:19	0.000		0		1		0.000	0.000	
22:1 undifferentiated9	0.000		0		1		0.000	0.000	
24:1 c9	I								
Fatty acids, total polyunsaturated9	0.003		0	NC	4		0.008	0.033	
18:2 undifferentiated9			0		1		0.006	0.023	
18:3 undifferentiated			0		1		0.002	0.009	
18:4			0		1		0.000	0.000	
20:2 n-6 c,c9									
20:3 undifferentiated					_				
20:4 undifferentiated			0		1		0.000	0.000	
20:5 n-3 (EPA)			0		1		0.000	0.000	
21:59									
22:4			0		1		0.000	0.000	
22:5 n-3 (DPA)9			0		1		0.000	0.000	
Fatty acids, total trans			U		_		0.000	0.000	
Cholesterol			0		1		5	20	
Phytosterolsn	0		•		-		-		
•									
Amino Acids:				_	_				
Tryptophan9			0	A	1		0.106	0.422	
Threonine			0	A	1		0.352	1.407	
Isoleucine			-	A	1		0.427	1.709	
Leucine			0	A	1 1		0.782	3.126	
Lysine			0	A A	1		0.691 0.216	2.762	
Methionine			0	A A	1		0.216	0.865 0.201	
Cystine			0	A A	1		0.428	1.710	
Phenylalanine			0	A	1		0.428	1.669	
•			0	A	1		0.417	2.162	
Valineg	, U.ZZI		U	A			0.541	∠.⊥0∠	

0.096

0.102

0.114

Arginine.....g

Histidine.....g

Alanine.....g

0

0

0

A A A

1

1

1

0.236

0.249

0.279

0.943

0.995

1.116

	Amount	in 100 grams	Amount in edible portion of common measures of food				
		Num be:					
Nutrients and Units	Mean Std. I			Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3
Aspartic acidg	0.288	0	A	1	0.706	2.826	
Glutamic acidg	0.757	0	A	1	1.855	7.420	
Glycineg	0.067	0	A	1	0.163	0.654	
Prolineg	0.332	0	A	1	0.815	3.258	
Serineg	0.203	0	A	1	0.498	1.991	
Hydroxyprolineg	0.000	0.000 4	A	1	0.000	0.000	
Others:							
Alcohol, ethylg	0.0	0	Z	7	0.0	0.0	
Caffeinemg	0	0	Z	7	0	0	
Theobrominemg	0	0	Z	7	0	0	

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Lipids:

		Amount in 100 grams of edible portion						Amount in edible portion of common			
		Number						measures of food			
						C					
							Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	87.6	9	0		1		213.96	855.85		
Energy	kcal	64		0	NC	4		157	626		
Energy		268				4		655	2621		
Protein (N x 6.38)		3.2	8	0		1		8.00	32.01		
Total lipid (fat)	g	3.6	6	0		1		8.93	35.72		
Ash	_	0.7	2	0		1		1.76	7.03		
Carbohydrate, by difference	a	4.6	5	0	NC	4		11.35	45.38		
Fiber, total dietary		0.0		0		4		0.0	0.0		
•		0.0		·		-		0.0	0.0		
Sugars, total											
Starch	9										
Minerals:											
Calcium, Ca	mg	119		0		1		290	1161		
Iron, Fe	mg	0.0	5	0		1		0.12	0.49		
Magnesium, Mg	mg	13		0		1		33	131		
Phosphorus, P	mg	93		0		1		227	909		
Potassium, K	mg	151		0		1		368	1474		
Sodium, Na	<u>mg</u>	49		0		1		119	476		
Zinc, Zn	mg	0.3	8	0		1		0.93	3.71		
Copper, Cu	-	0.0	10	0		1		0.024	0.098		
Manganese, Mn		0.0	04	0		1		0.010	0.039		
Selenium, Se		2.0		0	BFNN	4		4.9	19.5		
¥7*4*											
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid	-	1.5		0		1		3.6	14.3		
Thiamin		0.0		0		1		0.093	0.371		
Riboflavin	-	0.1		0		1		0.393	1.571		
Niacin	-	0.0		0		1		0.205	0.820		
Pantothenic acid	-	0.3		0		1		0.764	3.055		
Vitamin B-6	_	0.0	42	0		1		0.102	0.410		
Folate, total		5		0		1		12	49		
Folic acid		0		0	Z	7		0	0		
Folate, food	µg	5		0		1		12	49		
Folate, DFE	µg	5		0	NC	4		12	49		
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.3	6	0		1		0.87	3.47		
Vitamin A, RAE	µg	33		0	NC	4		79	317		
Retinol	µg	31		0	NC	4		76	303		
Carotene, beta	µg										
Carotene, alpha	µg										
Cryptoxanthin, beta	µg										
Vitamin A, IU		138		0		1		337	1347		
Lycopene	µg										
Lutein + zeaxanthin	µg										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D	1. 7										
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
J a. op J oquillollo											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 2.278 0 5.558 22.233 Fatty acids, total saturated......g 1 0.119 52 1 4:0.....g 0.290 1.161 0.070 68 0.683 6:0.....g 1 0.171 89 0.041 1 0.100 0.400 8:0.....g 10:0.....g 0.092 89 1 0.224 0.898 0.251 1,005 12:0.....g 0.103 89 1 13:0.....g 0.368 88 1 0.898 3.592 14:0.....g 0.963 1 16·0 a 88 2.350 9.399 17:0.....g 0.444 88 1.083 4.333 18:0.....g 1 20:0.....g 24:0.....g 1.057 1 2.579 10.316 Fatty acids, total monounsaturated......g 0 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.082 71 1 0.200 0.800 17:1.....g 0.921 78 1 18:1 undifferentiated......g 2.247 8.989 0.000 20:1.....g 0.000 ٥ 1 0.000 0.000 0 1 0.000 0.000 24:1 c.....g 0.136 0 1 0.332 Fatty acids, total polyunsaturated......g 1.327 0.083 74 0.203 0.810 18:2 undifferentiated....... 1 0.053 1 0.129 0.517 18:3 undifferentiated......g 65 0.000 1 0.000 0.000 18:4.....g 0 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 20:5 n-3 (EPA).....g 0.000 0 1 0.000 0.000 21:5.....g 22:4.....g 0.000 0.000 0.000 22:5 n-3 (DPA).....g 0 1 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 14 0 1 35 140 Phytosterols.....mg 0 0 1 n 0 Amino Acids: Tryptophan.....g 0.046 0 1 0.112 0.449 Threonine.....g 0.148 0 1 0.361 1.444 Isoleucine.....g 0.198 0 1 0.483 1.932 0.321 0 1 0.783 3.133 Leucine. 9 0 1 Lysine.....g 0.260 0.634 2.538 0.082 0 1 0.200 0.800 Methionine.....g Cystine.....g 0.030 0 1 0.073 0.293 Phenylalanine.....g 0.158 0 1 0.386 1.542 Tyrosine.....g 0.158 0 1 0.386 1.542 0 0.220 1 0.537 2.147 Arginine.....g 0.119 0 1 0.290 1.161 0.089 0 1 0.217 0.869 Alanine.....g 0.113 0 1 0.276 1.103 0 1 0.249 0.608 2.430 0.687 0 1 Glutamic acid.....g 1.676 6.705 Glycine.....g 0.069 0 1 0.168 0.673 0.776 0.318 Proline.....g n 1 3.104 0.178 0 1 0.434 1.737 Hydroxyproline.....g Others: Alcohol, ethyl.....g 0.0 0 7 0.0 0.0 Caffeine....mg Theobromine...

01078 NDB No. Milk, producer, fluid, 3.7% milkfat

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cupMeasure 2 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01081 Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Refuse:0%

Lipids:

		<u>Am</u>	oun				ole portio	<u>on</u>		dible portion	
				N	ım be	r			<u>m</u>	easures of too	<u>oa</u>
				0	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std.	Error I	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:											
Water	g	87.7	1	0.02	1 119		1		215.77	863.07	
Energy	-	56			0	NC	4		137	546	
Energy		232			0		4		571	2286	
Protein (N x 6.38)		3.9	5	0.00	9 104		1		9.72	38.87	
Total lipid (fat)	g	1.9	8	0.01	0 114		1		4.87	19.48	
Ash	g	0.8	7		0		1		2.14	8.56	
Carbohydrate, by difference	g	5.4	9		0	NC	4		13.51	54.02	
Fiber, total dietary	g	0.0			0		4		0.0	0.0	
Sugars, total	g	5.2	6		0	BFZN	4		12.94	51.74	
Starch	g										
Minerals:											
Calcium, Ca	mg	143			0		1		352	1408	
Iron, Fe	mg	0.0	6		0		1		0.15	0.59	
Magnesium, Mg		16			0		1		40	158	
Phosphorus, P		112			0		1		276	1102	
Potassium, K	_	182			0		1		447	1788	
Sodium, Na	_	59	_		0		1		145	579	
Zinc, Zn		0.4			0		1		1.11	4.43 0.079	
Copper, Cu	_	0.0			0		1 1		0.020 0.005	0.079	
Manganese, Mn Selenium, Se	_	2.6			0	BFNN	4		6.4	25.6	
	Р9	2.0			Ū	Drini	-		0.1	23.0	
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	1.1			0		1		2.8	11.0	
Thiamin	_	0.0			0		1		0.111	0.443	
Riboflavin	_	0.1			0		1 1		0.477	1.909	
Niacin		0.1			0		1		0.248 0.925	0.994 3.700	
Pantothenic acid Vitamin B-6	_	0.3			0		1		0.925	0.502	
Folate, total	_	6	J1		0		1		15	59	
Folic acid		0			0	z	7		0	0	
Folate, food		6			0	_	1		15	59	
Folate, DFE		6			0	NC	4		15	59	
Choline, total											
Betaine	mg										
Vitamin B-12	µg	0.4	3		0		1		1.05	4.21	
Vitamin A, RAE	µg	0			0	NC	4		1	3	
Retinol	µg										
Carotene, beta		3			0	BFFN	4		8	31	
Carotene, alpha		0			0	Z	7		0	0	
Cryptoxanthin, beta		0			0	Z	7		0	0	
Vitamin A, IU		5			0	NC	4		13	52	
Lycopene		0			0	Z Z	7 7		0	0	
Lutein + zeaxanthin		0	4		0	BFFN	4		0.09		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.0	4		U	BFFN	4		0.09	0.35	
Tocopherol, gamma	_										
Tocopherol, delta	_										
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)	µg	1.0			0	NR	4		2.5	9.8	
Vitamin D		40			0	s	4		98	394	
Vitamin K (phylloquinone)	µg	0.1			0	BFFN	4		0.3	1.3	
Dihydrophylloquinone	pg										
Menaquinone-4	u.q										

	<u>Ar</u>	noui	nt in 100 g	rams	of edi	ble porti	<u>ion</u>	Amount in e	dible portion o	of common
			Nice	m be i				'	easures of foo	•
						Source	Confidence			<u></u>
Nutrionto and Ilnita	Mean	C4.	ان I. Error P				Code	Magazira 1	Magaura 2	Measure 3
Nutrients and Units	wean	510	i. Error i	Units	Code	Coue	Code	Measure 1	Measure 2	Measure 3
						_				
Fatty acids, total saturated			0 001	0		1		3.031	12.123	
4:0	-		0.001 0.001			1 1		0.157	0.630	
8:0	•		0.001			1		0.093 0.054	0.374 0.216	
10:0	•		0.001			1		0.123	0.492	
12:0	-)56	0.001			1		0.138	0.551	
13:0	•	,50	0.001	. 05		-		0.130	0.551	
14:0	-	L99	0.003	88		1		0.490	1.958	
15:0	-									
16:0	-	521	0.007	88		1		1.282	5.127	
17:0	g									
18:0	g 0.:	240	0.003	88		1		0.590	2.362	
20:0	g									
22:0	g									
24:0										
Fatty acids, total monounsaturated	•	572		0		1		1.407	5.628	
14:1										
15:1	-									
16:1 undifferentiated)44	0.002	2 71		1		0.108	0.433	
17:1			0 005					1 00=	4 000	
18:1 undifferentiated			0.007	78 0	DEEM	1 4		1.225 0.000	4.900	
20:1				0	BFFN BFFN	4		0.000	0.000	
22:1 undifferentiated 24:1 c	.0	,00		U	DFFN	4		0.000	0.000	
Fatty acids, total polyunsaturated	-	174		0		1		0.182	0.728	
18:2 undifferentiated	•		0.002			1		0.111	0.728	
18:3 undifferentiated	-		0.002			1		0.071	0.285	
18:4	•		0.002	0	BFFN			0.000	0.000	
20:2 n-6 c.c	-			-		_				
20:3 undifferentiated	-									
20:4 undifferentiated		000		0		4		0.000	0.000	
20:5 n-3 (EPA)		000		0	BFFN	4		0.000	0.000	
21:5	g									
22:4	g									
22:5 n-3 (DPA)	g 0.0	000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)	g 0.0	000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans	-									
Cholesterol	-			0		1		19	76	
Phytosterols	<u>,</u> mg									
Amino Acids:										
Tryptophan	.g 0.0)56		0		1		0.138	0.551	
Threonine	.g 0.:	L78		0		1		0.438	1.752	
Isoleucine	.g 0.:	239		0		1		0.588	2.352	
Leucine	.g 0.:	387		0		1		0.952	3.808	
Lysine	.g 0.:	313		0		1		0.770	3.080	
Methionine	.g 0.0	99		0		1		0.244	0.974	
Cystine	g 0.0	37		0		1		0.091	0.364	
Phenylalanine				0		1		0.470	1.879	
Tyrosine				0		1		0.470	1.879	
Valine	•	264		0		1		0.649	2.598	
Arginine	•	L43		0		1		0.352	1.407	
Histidine	-			0		1		0.263	1.053	
Alanine	•	L36		0		1		0.335	1.338	
Aspartic acid	•	300		0		1		0.738	2.952	
Glutamic acid				0		1 1		2.034	8.138	
Glycine	•)84 383		0		1		0.207	0.827	
Proline				0		1		0.942	3.769	
Serine	-	113		U		1		0.529	2.116	
тушохургонне	.9									
Others:										
Alcohol, ethyl	-)		0	Z	7		0.0	0.0	
Caffeine	=			0	Z	7		0	0	
Theobromine	.mg 0			0	Z	7		0	0	

NDB No. 01081

Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cupMeasure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Am	ount in i	oo grains	or ean	ole portio	<u>on</u>	Amount in e	dible portion	of common
				Numbe	r			<u>m</u>	easures of fo	<u>od</u>
				of Data	Deriv	Source (Confidence			
Nutrients and Ur	nite	Mean	Std. Erro			Code	Code	Measure 1	Measure 2	Measure
Nuti lents and of	iits	Wican	3td. D10	,,				weasure i	Weasure 2	Wieasure
Proximates:										
Water		88.86	5	0		1		217.71	870.83	
Energy	kcal	51		0	NC	4		125	500	
Energy	kJ	213		0		4		522	2090	
Protein (N x 6.38)	g	3.48	3 0	.024 59		1		8.53	34.10	
Total lipid (fat)	g	1.92	2 0	.010 559		1		4.70	18.82	
Ash	g	0.77	7	0		1		1.89	7.55	
Carbohydrate, by difference	g	4.97	7	0	NC	4		12.18	48.71	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch										
Ainerals:	_									
Calcium. Ca	ma	128		0		1		313	1251	
Iron, Fe		0.05		0		1		0.12	0.49	
, , , , , , , , , , , , , , , , , , , ,		14	,	0		1		35	141	
Magnesium, Mg		100		0		1		35 245	141 979	
Phosphorus, P Potassium, K		162		0		1		245 397	1589	
Sodium, Na		52		0		1		128	514	
Zinc, Zn	_	0.40)	0		1		0.98	3.92	
Copper, Cu	_	0.00		0		1		0.020	0.078	
Manganese, Mn		0.00		0		1		0.005	0.020	
Selenium, Se		2.3	,-	0	BFNN	4		5.6	22.5	
				•		-		3.0		
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	1.0		0		1		2.5	9.8	
Thiamin		0.04		0		1		0.098	0.392	
Riboflavin	mg	0.17		0		1		0.424	1.695	
Niacin	mg	0.09	90	0		1		0.221	0.882	
Pantothenic acid	_	0.33		0		1		0.823	3.293	
Vitamin B-6	_	0.04	15	0		1		0.110	0.441	
Folate, total		5		0		1		13	52	
Folic acid	· -	0		0	Z	7		0	0	
Folate, food		5		0		1		13	52	
Folate, DFE		5		0	NC	4		13	52	
Choline, total	_									
Betaine										
Vitamin B-12	· -	0.38	3	0		1		0.94	3.74	
Vitamin A, RAE		56		0	NC	4		137	549	
Retinol		55		0	NC	4		135	539	
Carotene, beta	µg									
Carotene, alpha										
Cryptoxanthin, beta										
Vitamin A, IU		204		0		1		500	1999	
Lycopene										
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Госорherol, gamma										
Tocopherol, delta										
Focotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta				•		4		<u> </u>	. -	
Vitamin D (D2 + D3)		1.0		0	NR	4		2.5	9.8	
Vitamin D		40		0	s	4		98	392	
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>Am o</u>	unt in 100 g		ble portion		edible portion of easures of foo	
			mbei		·	easures or roo	<u>u</u>
Nutrients and Units	Mean S	of Std.Error Po		 Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturatedg	1.195	i	0	1	2.928	11.711	
4:0g	0.062			1	0.152	0.608	
6:0g	0.037			1	0.091	0.363	
8:0g	0.021 0.048			1 1	0.051	0.206	
10:0g 12:0g	0.048			1	0.118 0.132	0.470 0.529	
13:0g	0.034	0.001	0,5	_	0.132	0.329	
14:0g	0.193	0.003	88	1	0.473	1.891	
15:0g							
16:0g	0.505	0.007	88	1	1.237	4.949	
17:0g				_			
18:0	0.233	0.003	88	1	0.571	2.283	
22:0							
24:0g							
Fatty acids, total monounsaturatedg	0.555	i	0	1	1.360	5.439	
14:1g							
15:1	0.043	0.001	71	1	0 105	0 421	
16:1 undifferentiated	0.043	0.001	/1	1	0.105	0.421	
18:1 undifferentiated	0.483	0.007	78	1	1.183	4.733	
20:1g	0.000		0	1	0.000	0.000	
22:1 undifferentiatedg	0.000)	0	1	0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	0.071		0	1	0.174	0.696	
18:2 undifferentiated	0.043 0.028			1 1	0.105 0.069	0.421 0.274	
18:4	0.028		0	1	0.009	0.274	
20:2 n-6 c,cg	0.000	•	Ū	-	0.000	0.000	
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000)	0	4	0.000	0.000	
20:5 n-3 (EPA)g	0.000)	0	1	0.000	0.000	
21:5g							
22:4	0.000	1	0	1	0.000	0.000	
22:6 n-3 (DHA)g	0.000		0	1	0.000	0.000	
Fatty acids, total trans							
Cholesterolmg			0	1	18	74	
Phytosterolsmg)						
Amino Acids:							
Tryptophang	0.049)	0	1	0.120	0.480	
Threonineg	0.157	,	0	1	0.385	1.539	
Isoleucineg	0.211		0	1	0.517	2.068	
Leucine	0.341		0	1	0.835	3.342	
Lysineg Methionineg	0.276 0.087		0	1 1	0.676 0.213	2.705 0.853	
Cystineg	0.037		0	1	0.213	0.833	
Phenylalanineg	0.168		0	1	0.412	1.646	
Tyrosineg	0.168	1	0	1	0.412	1.646	
Valineg	0.233		0	1	0.571	2.283	
Arginineg	0.126		0	1	0.309	1.235	
Histidine	0.094		0	1 1	0.230	0.921	
Alanineg Aspartic acidg	0.120 0.264		0	1	0.294 0.647	1.176 2.587	
Glutamic acidg	0.729		0	1	1.786	7.144	
Glycineg	0.074		0	1	0.181	0.725	
Prolineg	0.337	,	0	1	0.826	3.303	
Serineg	0.189	1	0	1	0.463	1.852	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0		0	7	0.0	0.0	
Caffeinemg							
Theobrominemg	J						

NDB No. 01080

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Carbohydrate 3.87

Std. Error Points Code Code **Nutrients and Units**

Code

Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cupMeasure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79

Food Group: 01 Dairy and Egg Products

NDB No. 01152 Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Refuse:0%

Lipids:

		<u>Am</u>	ount in 10			ble portior	<u>1</u>		edible portion easures of fo	
				Number		_		<u> </u>	- usures 01 100	<u>,,,</u>
						Source C				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.7	1	0		1		214.89	859.56	
Energy	kcal	56		0	NC	4		136	544	
Energy	kJ	232		0		4		569	2276	
Protein (N x 6.38)	g	3.9	5	0		1		9.68	38.71	
Total lipid (fat)	g	1.9		0		1		4.85	19.40	
Ash	-	0.8		0		1		2.13	8.53	
Carbohydrate, by difference		5.4		0	NC	4		13.45	53.80	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:				_		_				
Calcium, Ca	_	143	_	0		1 1		351	1402	
Iron, Fe	_	0.0	6	0		1		0.15 36	0.59	
Magnesium, Mg Phosphorus, P		15 112		0		1		274	142 1098	
Potassium, K	_	182		0		1		445	1781	
Sodium, Na	_	59		0		1		144	576	
Zinc. Zn.	_	0.4	1	0		1		1.00	4.02	
Copper, Cu		0.0		0		1		0.027	0.108	
Manganese, Mn		0.0	02	0		1		0.005	0.020	
Selenium, Se	µg	2.6		0	BFNN	4		6.4	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		2.7	11.0	
Thiamin	mg	0.0	45	0		1		0.110	0.441	
Riboflavin	_	0.1		0		1		0.475	1.901	
Niacin		0.1		0		1		0.247	0.990	
Pantothenic acid	_	0.3		0		1		0.831	3.322	
Vitamin B-6	=	0.0	46	0		1		0.113	0.451	
Folate, total		5 0		0		1 7		13	53	
Folic acid		5		0	Z	1		0 13	0 53	
Folate, foodFolate, DFE		5		0	NC	4		13	53 53	
Choline, total		3		U	NC	-		13	53	
Betaine	_									
Vitamin B-12	_	0.3	9	0		1		0.95	3.78	
Vitamin A, RAE		17		0	NC	4		42	167	
Retinol		16		0	NC	4		39	157	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	75		0		1		184	735	
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

		<u>Am ou</u>	unt in 100 g Nu	ram s m be r	ble porti	<u>on</u>		dible portion o	
Nutrients and Units	Me	an St	of d.Error Po		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	1.232		0	1		3.018	12.074	
4:0	g	0.013	0.001	8	1		0.032	0.127	
6:0	g	0.002	0.000	12	1		0.005	0.020	
8:0	g	0.003	0.000	12	1		0.007	0.029	
10:0	g	0.005	0.001	12	1		0.012	0.049	
12:0		0.003	0.000	12	1		0.007	0.029	
13:0									
14:0		0.024	0.001	12	1		0.059	0.235	
15:0	-				_				
16:0	=	0.073	0.004	12	1		0.179	0.715	
17:0	-				_				
18:0	-	0.026	0.001	12	1		0.064	0.255	
20:0 22:0	-								
24:0	-								
Fatty acids, total monounsaturated	-	0.065		0	1		0.159	0.637	
14:1	-			-	_		00200		
15:1	•								
16:1 undifferentiated	.g	0.009	0.001	12	1		0.022	0.088	
17:1	g								
18:1 undifferentiated	g	0.498		0	1		1.220	4.880	
20:1	g								
22:1 undifferentiated	.g								
24:1 c									
Fatty acids, total polyunsaturated		0.009		0	1		0.022	0.088	
18:2 undifferentiated		0.045		0	1		0.110	0.441	
18:3 undifferentiated	-	0.003	0.000	11	1		0.007	0.029	
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated	-	0.000		0	4		0.000	0.000	
20:4 undifferentiated 20:5 n-3 (EPA)	-	0.000		U	4		0.000	0.000	
20:5 II-5 (EPA)	-								
22:4	-								
22:5 n-3 (DPA)	-								
22:6 n-3 (DHA)	•								
Fatty acids, total trans	g								
Cholesterol	mg	8		0	1		19	75	
Phytosterols	.mg								
Amino Acids:									
Tryptophan	a	0.050		0	1		0.123	0.490	
Threonine		0.161		0	1		0.394	1.578	
Isoleucine		0.216		0	1		0.529	2.117	
Leucine		0.350		0	1		0.858	3.430	
Lysine		0.283		0	1		0.693	2.773	
Methionine	-	0.090		0	1		0.221	0.882	
Cystine	g	0.033		0	1		0.081	0.323	
Phenylalanine	g	0.172		0	1		0.421	1.686	
Tyrosine	g	0.172		0	1		0.421	1.686	
Valine	g	0.239		0	1		0.586	2.342	
Arginine	g	0.129		0	1		0.316	1.264	
Histidine	.g	0.097		0	1		0.238	0.951	
Alanine	=	0.123		0	1		0.301	1.205	
Aspartic acid		0.271		0	1		0.664	2.656	
Glutamic acid		0.748		0	1		1.833	7.330	
Glycine		0.076		0	1		0.186	0.745	
Proline		0.346		0	1		0.848	3.391	
Serine		0.194		0	1		0.475	1.901	
Hydroxyproline	y								

NDB No. 01152

Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am oun</u>	t in 100 gr	am s	of edil	ole portion		Amount in e	dible portion	of common
			Nun	nber					easures of foo	
						Source Conf	idence			
Nutrients and	Units	Mean Std	Error Po				ode	Measure 1	Measure 2	Measure
Proximates:										
Water	g	89.21	0.193	17	A	1		217.66	27.21	870.65
Energy	kcal	50		0	NC	4		122	15	489
Energy	kJ	210		0	NC	4		512	64	2050
Protein (N x 6.38)		3.30	0.033	13	A	1		8.06	1.01	32.25
Total lipid (fat)		1.98	0.008	14	JO	11		4.82	0.60	19.30
Ash		0.71	0.035	13	A	1		1.73	0.22	6.92
Carbohydrate, by difference	=	4.80		0	NC	4		11.72	1.47	46.88
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		5.06	0.061	13	A	1		12.35	1.54	49.40
Sucrose		0.01	0.000	13	A	1		0.02	0.00	0.08
Glucose (dextrose)		0.01	0.000	13	A	1		0.02	0.00	0.08
		0.01	0.000	13	A	1		0.02	0.00	0.08
Fructose	9	5.01	0.062	13	A	1		12.23	1.53	48.94
Lactose		0.01	0.002	13	A	1		0.02	0.00	0.08
Maltose		0.02	0.008	13	A	1		0.02	0.00	0.06
Galactose		0.02	0.008	13	A	1		0.04	0.00	0.16
Minerals:										
Calcium, Ca	mg	120	0.707	4	A	1		293	37	1171
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.02	0.002	4	A	1		0.06	0.01	0.24
Magnesium, Mg		11	0.098	31	A	1		28	3	110
Phosphorus, P		92	0.526	28	A	1		223	28	894
Potassium, K		140	2.114	31	A	1		341	43	1363
Sodium, Na		47	0.832	31	A	1		114	14	454
Zinc, Zn		0.48	0.015	29	A	1		1.18	0.15	4.73
Copper, Cu		0.006	0.000	30	A	1		0.014	0.002	0.05
Manganese, Mn		0.014	0.000	30	A	1		0.034	0.004	0.13
Selenium, Se	µg	2.5	0.174	30	A	1		6.1	0.8	24.3
Vitamins:				_		_				
Vitamin C, total ascorbic acid	-	0.2	0.000	5	A	1		0.5	0.1	1.8
Thiamin	-	0.039		13	A	1		0.096	0.012	0.38
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.185		13	A	1		0.452	0.056	1.80
Niacin	-	0.092	0.002	12	A	1		0.224	0.028	0.89
Pantothenic acid		0.356	0.019	5	A	1		0.868	0.108	3.47
Vitamin B-6		0.038	0.001	13	A	1		0.093	0.012	0.37
Folate, total		5	0.149	12	A	1		11	1	45
Folic acid	· -	0		0	Z	7		0	0	0
Folate, food		5	0.149		A	1		11	1	45
Folate, DFE		5		0	NC	4		11	1	45
Choline, total	• • • • • • • • • • • • • • • • • • • •	16.4		0	AS	1		40.0	5.0	160.1
Betaine		0.9		2	A	1		2.3	0.3	9.2
Vitamin B-12		0.53	0.033	4	A	1		1.31	0.16	5.22
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	55		0	NC	4		135	17	540
Retinol	µg	55		0	T	4		134	17	537
Carotene, beta	µg	4		0	BFFN	4		10	1	39
Carotene, alpha	µg	0		0	BFFN	4		0	0	0
Cryptoxanthin, beta	µg	0		0	BFFN	4		0	0	0
Vitamin A, IU	<u>IU</u>	190		0	NC	4		464	58	1855
Lycopene	µg	0		0	BFFN	4		0	0	0
Lutein + zeaxanthin	µg	0		0	BFFN	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	0.003	12	A	1		0.08	0.01	0.3
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.0
Tocopherol, beta		0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.000	12	A	1		0.00	0.00	0.00
Tocopherol, delta		0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00	0.000	12	A	1		0.00	0.00	0.00
Tocotrienol, beta		0.00	0.000	12	A	1		0.00	0.00	0.00

	<u>An</u>	ount in 1		am s		ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Erro	of	Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.0	0 0	.000	12	A	1		0.00	0.00	0.00
Tocotrienol, deltag	0.0		.000	12	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)µg	1.2	}		24	AS	1		3.0	0.4	11.8
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	1.2	. 0	.065	24	A	1		3.0	0.4	11.8
Vitamin D	49		.615	24	A	1		118	15	474
Vitamin K (phylloquinone)µg	0.2		.048	4	A	1		0.4	0.1	1.7
Dihydrophylloquinoneµg	0.0	0	.000	4	A	1		0.0	0.0	0.0
Menaquinone-4µg										
Lipids:										
Fatty acids, total saturatedg	1.2		001	0	NC	4		3.068	0.384	12.272
4:0g 6:0g	0.0		.001	5 4	A A	1 1		0.187 0.098	0.023 0.012	0.748 0.392
8:0g	0.0		.002	5	A	1		0.050	0.012	0.199
10:0g	0.0		.002	5	A	1		0.120	0.015	0.480
12:0g	0.0		.002	5	A	1		0.133	0.017	0.533
13:0g	0.0	02		1	A	1		0.005	0.001	0.020
14:0g	0.1	.75 0	.003	5	A	1		0.428	0.054	1.712
15:0g	0.0		.000	5	A	1		0.049	0.006	0.194
16:0g	0.5		.009	5	A	1		1.362	0.170	5.448
17:0g	0.0		.000	5	A	1		0.027	0.003	0.110
18:0g	0.2		.004	5 4	A A	1 1		0.593 0.010	0.074 0.001	2.370 0.039
20:0g 22:0g	0.0		.000	1	A	1		0.010	0.001	0.039
24:0g				_		_		0.000	0,002	
Fatty acids, total monounsaturatedg	0.5	60		0	NC	4		1.366	0.171	5.466
14:1g	0.0	15 0	.001	5	A	1		0.035	0.004	0.142
15:1g	0.0		.000	5	A	1		0.010	0.001	0.040
16:1 undifferentiatedg	0.0			0	AS	1		0.065	0.008	0.259
16:1 cg 16:1 tg	0.0	127 0	.001	4	A	1		0.065	0.008	0.259
10:1 tg 17:1g	0.0	05 0	.000	5	A	1		0.012	0.001	0.048
18:1 undifferentiated	0.5			0	AS	1		1.238	0.155	4.954
18:1 cg	0.4	.30 0	.005	4	A	1		1.048	0.131	4.194
18:1 tg	0.0	78 0	.005	4	A	1		0.190	0.024	0.760
18:1-11 t (18:1t n-7)g										
20:1g	0.0		.000	5 5	A	1 1		0.005	0.001	0.020
22:1 undifferentiatedg 24:1 cg	0.0	000 0	.000	5	A	1		0.001	0.000	0.004
Fatty acids, total polyunsaturatedg	0.0	73		0	NC	4		0.178	0.022	0.713
18:2 undifferentiatedg	0.0			0	AS	1		0.151	0.019	0.603
18:2 n-6 c,cg	0.0	55 0	.003	4	A	1		0.133	0.017	0.533
18:2 CLAsg										
18:2 t,tg					_	_				
18:2 ig	0.0	07 0	.000	4	A	1		0.017	0.002	0.070
18:2 t not further definedg 18:3 undifferentiatedg	0.0	08		0	AS	1		0.020	0.003	0.081
18:3 n-3 c,c,c (ALA)g	0.0		.000		A	1		0.020	0.003	0.081
18:3 n-6 c,c,cg										
18:3ig										
18:4g	0.0	00 0	.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,cg	0.0	.02				-		0.007	0 001	0.000
20:3 undifferentiated	0.0	103		1	A	1		0.007	0.001	0.029
20:3 n-6g										
20:4 undifferentiated	0.0	00 0	.000	4	A	1		0.000	0.000	0.000
20:4 n-6g										
20:5 n-3 (EPA)g	0.0	00 0	.000	4	A	1		0.000	0.000	0.000
21:5g										
22:4g 22:5 n-3 (DPA)g	0.0		.000	4	A	1		0.000	0 000	0.000
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.0		.000	4	A	1		0.000	0.000 0.000	0.000
Fatty acids, total transg	0.0			0	NC	4		0.207	0.026	0.829
,, 								= • ·		

		<u>Am ount</u>	Num	ber		ble portio	_	Amount in edible portion of common measures of food		
Nutrients an	d Units	Mean Std.	of I Error Po			Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-mo	noenoic (I	0.078		0	NC	4		0.190	0.024	0.760
Fatty acids, total trans-pol		0.007		0	NC	4		0.017	0.002	0.070
Cholesterol	•	8	0.090	5	A	1		20	2	80
Phytosterols	_								_	
Stigmasterol		0	0.000	4	A	1		0	0	0
Campesterol		0	0.000	4	A	1		0	0	0
Beta-sitosterol		0	0.000	4	A	1		0	0	0
Amino Acids:										
Tryptophan	g	0.042		0	A	1		0.103	0.013	0.412
Threonine	g	0.141		0	A	1		0.343	0.043	1.374
Isoleucine	-	0.171		0	A	1		0.417	0.052	1.669
Leucine	g	0.313		0	A	1		0.763	0.095	3.052
Lysine		0.276		0	A	1		0.674	0.084	2.697
Methionine	g	0.087		0	A	1		0.211	0.026	0.844
Cystine	g	0.020		0	A	1		0.049	0.006	0.196
Phenylalanine	g	0.171		0	A	1		0.417	0.052	1.670
Tyrosine		0.167		0	A	1		0.407	0.051	1.629
Valine	g	0.216		0	A	1		0.528	0.066	2.111
Arginine	g	0.094		0	A	1		0.230	0.029	0.921
Histidine	g	0.100		0	A	1		0.243	0.030	0.972
Alanine	g	0.112		0	A	1		0.272	0.034	1.090
Aspartic acid	g	0.283		0	A	1		0.690	0.086	2.759
Glutamic acid	g	0.742		0	A	1		1.811	0.226	7.244
Glycine	g	0.065		0	A	1		0.160	0.020	0.638
Proline		0.326		0	A	1		0.795	0.099	3.181
Serine	g	0.199		0	A	1		0.486	0.061	1.944
Hydroxyproline		0.000	0.000	4	A	1		0.000	0.000	0.000
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 976g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		<u>Am oun</u>	t in 100 gr	am s	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
			Nun	nber	•				easures of fo	
						Source C	Confidence			
Nutrients and	Units	Mean Std	. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		89.21	0.193	17	A	1		219.45	877.78	
Energy	kcal	50		0	NC	4		123	493	
Energy	kJ	210		0	NC	4		517	2066	
Protein (N x 0)	g	3.30	0.033	13	A	1		8.13	32.52	
Total lipid (fat)	g	1.98	0.008	14	JO	11		4.86	19.46	
Ash	g	0.71	0.035	13	A	1		1.74	6.98	
Carbohydrate, by difference	g	4.80		0	NC	4		11.82	47.26	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	5.06	0.061	13	A	1		12.45	49.80	
Sucrose	g	0.01	0.000	13	A	1		0.02	0.08	
Glucose (dextrose)		0.01	0.000	13	A	1		0.02	0.08	
Fructose		0.01	0.000	13	A	1		0.02	0.08	
Lactose		5.01	0.062	13	A	1		12.33	49.34	
Maltose		0.01	0.000	13	A	1		0.02	0.08	
Galactose		0.02	0.008	13	A	1		0.04	0.16	
Starch										
Minerals:										
Calcium, Ca	mg	120	0.707	4	A	1		295	1181	
Iron, Fe	mg	0.02	0.002	4	A	1		0.06	0.24	
Magnesium, Mg	mg	11	0.098	31	A	1		28	111	
Phosphorus, P	mg	92	0.526	28	A	1		225	901	
Potassium, K	mg	140	2.114	31	A	1		344	1375	
Sodium, Na		47	0.832	31	A	1		114	458	
Zinc, Zn		0.48	0.015	29	A	1		1.19	4.77	
Copper, Cu	mg	0.006	0.000	30	A	1		0.014	0.055	
Manganese, Mn		0.014	0.000	30	A	1		0.034	0.137	
Selenium, Se	µg	2.5	0.174	30	A	1		6.1	24.5	
Vitamins:		2.2	0 000	_	_			2.5		
Vitamin C, total ascorbic acid	-	0.2	0.000	5	A	1 1		0.5	1.8	
Thiamin	-	0.039	0.005		A A	1		0.097	0.388	
Riboflavin	•	0.185	0.003					0.456	1.823	
Niacin	-	0.092	0.002	5	A	1 1		0.226	0.904	
Pantothenic acid	•	0.356 0.038		13	A A	1		0.875 0.094	3.499 0.377	
Vitamin B-6	_	5	0.149	12	A	1		11	45	
Foliate, total		0	0.149	0	Z	7		0		
Folic acid Folate, food		5	0.149		A	1		11	0 45	
Folate, DFE		5	0.149	0	NC	4		11	45	
		16.4		0	AS	1		40.4	161.4	
Choline, total Betaine	-	0.9		2	AS	1		2.3	9.3	
Vitamin B-12	_	0.53	0.033	4	A	1		1.32	5.26	
Vitamin B-12, added		0.00	0.033	0	Z	7		0.00	0.00	
Vitamin A, RAE		28		0	NC	4		69	274	
Retinol		27		0	BFFN	4		67	269	
Carotene, beta	· -	7		0	BFZN	4		16	65	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	
Vitamin A, IU		102		0	NC	4		251	1006	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.03	0.003		A	1		0.08	0.30	
Vitamin E (aipha-tocopheror) Vitamin E, added		0.00	0.003	0	Z	7		0.00	0.00	
Tocopherol, beta		0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, gamma		0.00	0.000	12	A	1		0.00	0.00	
Tocopherol, delta		0.00	0.000	12	A	1		0.00	0.00	
-		0.00	0.000	12	A	1		0.00	0.00	
Tocotrienol, alpha	g	0.00	0.000		A A	1		0.00	0.00	

	<u>Am ou</u>	nt in 100 gra	am s of ed	lible portion	Amount in e	edible portion o	of common
		Num	.			easures of foo	•
				Source Confid			<u> </u>
Nutrients and Units	Mean St	סום d.Error Poi				Measure 2	Measure 3
	0.00		10		0.00	0.00	
Tocotrienol, gammamg	0.00 0.00		12 A 12 A	1 1	0.00	0.00	
Tocotrienol, deltamg		0.000	0 AS	1	0.00	0.00	
Vitamin D (D2 + D3)µg	0.0		0 AS	Ţ	0.1	0.4	
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	0.0		0 BFF	N 4	0.1	0.4	
Vitamin D3 (cholecalciferol)pg Vitamin D	1		0 BFF		4	14	
Vitamin K (phylloquinone)µg	0.2	0.048	4 A	1	0.4	1.7	
Dihydrophylloquinone	0.0	0.000	4 A	1	0.0	0.0	
Menaquinone-4	0.0	0.000	- A	-	0.0	0.0	
-							
Lipids: Fatty acids, total saturatedg	1.257		0 NC	4	3.093	12.372	
4:0g	0.077	0.001	5 A	1	0.188	0.754	
6:0g	0.040	0.002	4 A	1	0.099	0.395	
8:0g	0.020	0.001	5 A	1	0.050	0.200	
10:0g	0.049	0.002	5 A	1	0.121	0.483	
12:0g	0.055	0.002	5 A	1	0.134	0.537	
13:0g	0.002		1 A	1	0.005	0.020	
14:0g	0.175	0.003	5 A	1	0.432	1.726	
15:0g	0.020	0.000	5 A	1	0.049	0.196	
16:0g	0.558	0.009	5 A	1	1.373	5.493	
17:0g	0.011	0.000	5 A	1	0.028	0.110	
18:0g	0.243	0.004	5 A	1	0.597	2.390	
20:0g	0.004	0.000	4 A	1	0.010	0.039	
22:0g	0.002		1 A	1	0.005	0.020	
24:0g							
Fatty acids, total monounsaturated	0.560		0 NC	4	1.377	5.510	
14:1g	0.014	0.001	5 A	1	0.036	0.143	
15:1g	0.004	0.000	5 A	1	0.010	0.040	
16:1 undifferentiatedg	0.027		0 AS	1	0.065	0.261	
16:1 cg	0.027	0.001	4 A	1	0.065	0.261	
16:1 tg							
17:1g	0.005	0.000	5 A	1	0.012	0.048	
18:1 undifferentiatedg	0.507		0 AS	1	1.248	4.994	
18:1 cg	0.430	0.005	4 A	1	1.057	4.228	
18:1 tg	0.078	0.005	4 A	1	0.191	0.765	
18:1-11 t (18:1t n-7)g							
20:1g	0.002	0.000	5 A	1	0.005	0.020	
22:1 undifferentiatedg	0.000	0.000	5 A	1	0.001	0.004	
24:1 cg							
Fatty acids, total polyunsaturated	0.073		0 NC	4	0.180	0.718	
18:2 undifferentiatedg	0.062		0 AS	1	0.152	0.607	
18:2 n-6 c,cg	0.055	0.003	4 A	1	0.134	0.537	
18:2 CLAsg							
18:2 t,tg							
18:2 ig	0.007	0.000	4 A	1	0.018	0.070	
18:2 t not further definedg							
18:3 undifferentiated	0.008		0 AS	1	0.020	0.082	
18:3 n-3 c,c,c (ALA)g	0.008	0.000	4 A	1	0.020	0.082	
18:3 n-6 c,c,cg							
18:3ig							
18:4g	0.000	0.000	4 A	1	0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg	0.003		1 A	1	0.007	0.030	
20:3 n-3g							
20:3 n-6g				_			
20:4 undifferentiatedg	0.000	0.000	4 A	1	0.000	0.000	
20:4 n-6g				_			
20:5 n-3 (EPA)g	0.000	0.000	4 A	1	0.000	0.000	
21:5g							
22:4g			4 -	1			
22:5 n-3 (DPA)g	0.000		4 A	1	0.000	0.000	
22:6 n-3 (DHA)	0.000	0.000	4 A	1	0.000	0.000	
Fatty acids, total transg	0.085		0 NC	4	0.209	0.836	

		<u>Am ou</u>		nber				Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean Sto					Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.	a	0.078		0	NC	4		0.191	0.765	
Fatty acids, total trans-nonoenoic	_	0.007		0	NC	4		0.018	0.703	
Cholesterol		8	0.090	5	A	1		20	80	
Phytosterols		ŭ	0.050	•		-		20	00	
Stigmasterol		0	0.000	4	А	1		0	0	
Campesterol		0	0.000	4	A	1		0	0	
Beta-sitosterol		0	0.000	4	A	1		0	0	
Amino Acids:										
Tryptophan	g	0.042		0	A	1		0.104	0.416	
Threonine		0.141		0	A	1		0.346	1.385	
Isoleucine	g	0.171		0	A	1		0.421	1.682	
Leucine.	g	0.313		0	A	1		0.769	3.077	
Lysine	g	0.276		0	A	1		0.680	2.719	
Methionine		0.087		0	A	1		0.213	0.851	
Cystine	g	0.020		0	A	1		0.049	0.198	
Phenylalanine	g	0.171		0	A	1		0.421	1.683	
Tyrosine	g	0.167		0	A	1		0.411	1.643	
Valine	g	0.216		0	A	1		0.532	2.129	
Arginine	g	0.094		0	A	1		0.232	0.928	
Histidine	g	0.100		0	A	1		0.245	0.980	
Alanine	g	0.112		0	A	1		0.275	1.099	
Aspartic acid	g	0.283		0	A	1		0.695	2.782	
Glutamic acid	g	0.742		0	A	1		1.826	7.304	
Glycine	g	0.065		0	A	1		0.161	0.644	
Proline		0.326		0	A	1		0.802	3.207	
Serine	g	0.199		0	A	1		0.490	1.960	
Hydroxyproline	g	0.000	0.000	4	A	1		0.000	0.000	
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg	0		0	z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 246g: 1 cup Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		<u>Am</u>	ount in 100			ble portion	<u>1</u>		edible portion easures of for	
				Number		_		<u> </u>	- usures 01 100	<u> </u>
						Source C				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.7	0	31		1		197.72	790.86	
Energy	kcal	108		0	NC	4		264	1057	
Energy	kJ	451				4		1105	4420	
Protein (N x 6.38)	g	5.9	8	112		1		14.65	58.60	
Total lipid (fat)	g	7.0		104		1		17.15	68.60	
Ash	_	0.9		74		1		2.35	9.41	
Carbohydrate, by difference		5.3	6	0	NC	4		13.13	52.53	
Fiber, total dietary		0.0		0		4		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	_	193	•	92		1		474	1895	
Iron, Fe		0.10 18	U	1 62		1 1		0.25 45	0.98	
Magnesium, Mg		158		92		1		45 387	180 1548	
Phosphorus, P Potassium, K		137		74		1		334	1338	
Sodium, Na	_	44		74		1		108	432	
Zinc. Zn	_	0.5	4	0		4		1.32	5.29	
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.0	46	0		1		0.113	0.451	
Manganese, Mn	mg	0.0	18	0		1		0.044	0.176	
Selenium, Se	µg	1.7		0	BFZN	4		4.2	16.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		7		1		10.2	40.8	
Thiamin	mg	0.0	65	9		1		0.159	0.637	
Riboflavin	mg	0.3	55	11		1		0.870	3.479	
Niacin	mg	0.4	17	7		1		1.022	4.087	
Pantothenic acid	_	0.4		5		1		0.997	3.989	
Vitamin B-6	_	0.0	60	0		4		0.147	0.588	
Folate, total		7		0	_	4		17	69	
Folic acid		0		0	Z	7		0	0	
Folate, food		7 7		0	NC	4 4		17 17	69 69	
Folate, DFE		,		U	NC	4		17	69	
Choline, total Betaine	_									
Vitamin B-12	_	0.7	1	14		1		1.74	6.97	
Vitamin A. RAE		44		000 11		1		108	433	
Retinol		44		000 11		1		108	433	
Carotene, beta										
Carotene, alpha										
Cryptoxanthin, beta	µg									
Vitamin A, IU	<u>I</u> U	147		11		1		360	1441	
Lycopene	µg									
Lutein + zeaxanthin										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

	A	mount in 1	Amount in a	Amount in edible portion of common				
			Number				easures of foo	
					Source Confidence	e		
Nutrients and Units	Mean	Std. Erro	r Points	Code	Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated		603	0		1	11.277	45.109	
4:0	.0	204	13		1	0.500	1.999	
6:0	.0	145	13		1	0.355	1.421	
8:0	.0	138	13		1	0.338	1.352	
10:0	-	400	14		1	0.980	3.920	
12:0	-	239	14		1	0.586	2.342	
13:0 14:0	-	660	14		1	1.617	6.468	
	-	660	14		1	1.61/	0.400	
15:0 16:0	-	622	14		1	3.974	15.896	
17:0	.0	022			-	3.374	13.090	
18:0	-	899	14		1	2.203	8.810	
20:0	-	033			-	2.203	0.010	
22:0	-							
24:0	-							
Fatty acids, total monounsaturated		724	0		1	4.224	16.895	
14:1								
15:1	-							
16:1 undifferentiated	.g 0.	128	12		1	0.314	1.254	
17:1	.g							
18:1 undifferentiated	.g 1.	558	14		1	3.817	15.268	
20:1	.g							
22:1 undifferentiated	g							
24:1 c	.g							
Fatty acids, total polyunsaturated	.g 0.	308	0		1	0.755	3.018	
18:2 undifferentiated	g 0.	181	14		1	0.443	1.774	
18:3 undifferentiated	.g 0.	127	12		1	0.311	1.245	
18:4	.g							
20:2 n-6 c,c	-							
20:3 undifferentiated	-							
20:4 undifferentiated		000	0		4	0.000	0.000	
20:5 n-3 (EPA)	-							
21:5	-							
22:4 22:5 n-3 (DPA)	-							
22:5 n-3 (DPA)								
Fatty acids, total trans	-							
Cholesterol			0		4	66	265	
Phytosterols			·		-	00	203	
•	9							
Amino Acids:								
Tryptophan		084	0		1	0.206	0.823	
Threonine		268	0		1	0.657	2.626	
Isoleucine		338	0		1	0.828	3.312	
Leucine		587 513	0		1	1.438	5.753	
Lysine		513 155	0			1.257	5.027	
Methionine		155 035	0		1	0.380	1.519	
Cystine		035 284	0		1	0.086 0.696	0.343	
Phenylalanine		284 281	0		1	0.696	2.783 2.754	
Tyrosine	-0	448	0		1	1.098	4.390	
ValineArginine		448 198	0		1	0.485	1.940	
2		198 167	0		1	0.485	1.637	
HistidineAlanine		269	0		1	0.409	2.636	
		269 328	0		1	0.804	2.636 3.214	
Aspartic acidGlutamic acid		328 019	0		1	2.497	9.986	
Glycine		041	0		1	0.100	0.402	
Proline		580	0		4	1.421	0.402 5.684	
Serine		492	0		1	1.205	4.822	
Hydroxyproline			•		-	1.203	1.022	
11yaroxypronne	ອ							

NDB No. 01109 Milk, sheep, fluid

Common Measures:

Measure 1 = 245g: 1 cup Measure 2 = 980g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am oun</u>	t in 100 gr	am s	Amount in edible portion of common					
			Nun	nber					easures of foo	
						Source Con	fidence			
Nutrients and	Units	Mean Std	Error Po				ode	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.13	0.050	28	A	1		215.03	26.88	13.22
Energy	kcal	61		0	NC	4		148	18	9
Energy	kJ	254		0	NC	4		620	77	38
Protein (N x 6.38)	g	3.15	0.029	27	A	1		7.70	0.96	0.47
Total lipid (fat)	g	3.25		0	s	4		7.93	0.99	0.49
Ash	g	0.67	0.004	24	A	1		1.64	0.21	0.10
Carbohydrate, by difference	g	4.80		0	NC	4		11.71	1.46	0.72
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total		5.05		0	AS	1		12.33	1.54	0.76
Sucrose		0.00	0.000	24	A	1		0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose		0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose	g	5.05	0.052	24	A	1		12.33	1.54	0.76
Maltose		0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	12	A	1		0.00	0.00	0.00
Starch										
Minerals:										
Calcium, Ca	mg	113	1.760	16	A	1		275	34	17
Iron, Fe	mg	0.03	0.002	46	A	1		0.08	0.01	0.00
Magnesium, Mg	mg	10	0.116	42	A	1		25	3	2
Phosphorus, P	mg	84	1.087	42	A	1		205	26	13
Potassium, K	mg	132	1.985	41	A	1		323	40	20
Sodium, Na	mg	43	0.548	42	A	1		104	13	6
Zinc, Zn	mg	0.37	0.007	42	A	1		0.91	0.11	0.06
Copper, Cu	mg	0.025	0.001	42	A	1		0.061	0.008	0.00
Manganese, Mn		0.004	0.000	41	A	1		0.011	0.001	0.00
Selenium, Se	µg	3.7	0.185	29	A	1		9.0	1.1	0.6
Vitamins: Vitamin C, total ascorbic acid	ma	0.0	0.000	7	A	1		0.0	0.0	0.0
Thiamin	-	0.046	0.001	24	A	1		0.112	0.014	0.00
Riboflavin	_	0.169	0.001	23	A	1		0.411	0.051	0.02
Niacin	•	0.089	0.003	24	A	1		0.216	0.031	0.02
Pantothenic acid	-	0.373	0.003	8	A	1		0.910	0.027	0.05
Vitamin B-6		0.036	0.000	24	A	1		0.087	0.011	0.00
Folate, total		5	0.534	8		1		12	2	1
Folic acid		0		0	z	7		0	0	0
Folate, food		5	0.534	8		1		12	2	1
Folate, DFE		5		0	NC	4		12	2	1
Choline, total		14.3		0	AS	1		34.9	4.4	2.1
Betaine	_	0.6		1	A	1		1.5	0.2	0.1
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.45	0.021		A	1		1.09	0.14	0.07
Vitamin B-12, added		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, RAE		46		0	AS	1		112	14	7
Retinol		45	1.926	4	A	1		110	14	7
Carotene, beta		7	0.618	10	A	1		16	2	1
Carotene, alpha	· -	0	0.000	10	A	1		0	0	0
Cryptoxanthin, beta		0	0.000	10	A	1		0	0	0
Vitamin A, IU		162		0	AS	1		395	49	24
Lycopene		0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin		0	0.000	6	A	1		0	0	0
Vitamin E (alpha-tocopherol)		0.07	0.003	24	A	1		0.17	0.02	0.01
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta		0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, gamma		0.00	0.001	24	A	1		0.01	0.00	0.00
Tocopherol, delta		0.00	0.000	24	A	1		0.00	0.00	0.00
Tocotrienol, alpha		0.00	0.001	24	A	1		0.00	0.00	0.00
Tocotrienol, beta		0.00	0.000		A	1		0.00	0.00	0.00

	<u>Am o</u>	unt in 100 g	rams	of edi	ble portion	Amount in e	dible portion o	of common
		Nu	mbei	•			easures of foo	
		of	Data	Deriv	Source Confidence			
Nutrients and Units	Mean S	Std. Error P	oints	Code	Code Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gammamg	0.00	0.000		A	1	0.00	0.00	0.00
Tocotrienol, deltamg	0.00	0.000		A	1	0.00	0.00	0.00
Vitamin D (D2 + D3)µg	1.3		24	AS	1	3.1	0.4	0.2
Vitamin D2 (ergocalciferol)µg Vitamin D3 (cholecalciferol)µg	1.3	0.082	24	A	1	3.1	0.4	0.2
Vitamin D3 (cholecalciferol)pg	51	3.297		A	1	125	16	8
Vitamin K (phylloquinone)µg	0.3	0.007		A	1	0.6	0.1	0.0
Dihydrophylloquinone	0.0	0.000		A	1	0.0	0.0	0.0
Menaquinone-4µg	1.0	0.050	4	A	1	2.3	0.3	0.1
Lipids:								
Fatty acids, total saturatedg	1.865		0	NC	4	4.551	0.569	0.280
4:0g	0.075			A	1	0.182	0.023	0.011
6:0g	0.075			A	1	0.182	0.023	0.011
8:0g	0.075			A	1	0.182	0.023	0.011
10:0g	0.075 0.077			A A	1 1	0.182 0.187	0.023 0.023	0.011 0.011
12:0g 13:0g	0.000		1	A	1	0.187	0.023	0.000
14:0g	0.297			A	1	0.724	0.091	0.045
15:0g	0.000			A	1	0.000	0.000	0.000
16:0g	0.829			A	1	2.022	0.253	0.124
17:0g	0.000	0.000	12	A	1	0.000	0.000	0.000
18:0g	0.365	0.015	12	A	1	0.890	0.111	0.055
20:0g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:0g	0.000			A	1	0.000	0.000	0.000
24:0g	0.000			A	1	0.000	0.000	0.000
Fatty acids, total monounsaturatedg	0.812		0	NC	4	1.982	0.248	0.122
14:1g 15:1g	0.000	0.000	12	A	1	0.000	0.000	0.000
16:1 undifferentiatedg	0.000	0.000	12	A	1	0.000	0.000	0.000
18:1 undifferentiatedg	0.812	0.032	12	A	1	1.982	0.248	0.122
20:1g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:1 undifferentiated	0.000	0.000	12	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.195	5	0	NC	4	0.475	0.059	0.029
18:2 undifferentiated	0.120			A	1	0.293	0.037	0.018
18:3 undifferentiatedg	0.075	0.000	12	A	1	0.182	0.023	0.011
18:4g	0.000	0.000	12	A	1	0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			A	1	0.000	0.000	0.000
20:5 n-3 (EPA)g	0.000	0.000	12	A	1	0.000	0.000	0.000
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0.000	12	A	1	0.000	0.000	0.000
22:6 n-3 (DHA)g	0.000			A	1	0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	10	0.549	12	A	1	25	3	2
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.040		0	A	1	0.098	0.012	0.006
Threonine	0.134		0	A	1	0.328	0.041	0.020
Isoleucineg	0.163 0.299		0	A A	1 1	0.398 0.728	0.050	0.024
Leucine	0.299		0	A A	1	0.728	0.091 0.080	0.045 0.040
Methionineg	0.083		0	A	1	0.202	0.080	0.012
Cystine	0.019		0	A	1	0.047	0.006	0.003
Phenylalanineg	0.163		0	A	1	0.398	0.050	0.024
Tyrosineg	0.159)	0	A	1	0.389	0.049	0.024
Valineg	0.206		0	A	1	0.504	0.063	0.031
Arginineg	0.090		0	A	1	0.220	0.027	0.014
Histidineg	0.095		0	A	1	0.232	0.029	0.014
Alanineg	0.107	•	0	A	1	0.260	0.033	0.016

	<u>Am ount</u>	in 100 grams	Amount in e	Amount in edible portion of common					
		Number	•		<u>m</u>	measures of food			
Nutrients and Units	Mean Std.			Source Confide Code Code		Measure 2	Measure 3		
Aspartic acidg	0.270	0	A	1	0.658	0.082	0.040		
Glutamic acidg	0.708	0	A	1	1.729	0.216	0.106		
Glycineg	0.062	0	A	1	0.152	0.019	0.009		
Prolineg	0.311	0	A	1	0.759	0.095	0.047		
Serineg	0.190	0	A	1	0.464	0.058	0.029		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0		7	0.0	0.0	0.0		
Caffeinemg	0	0	Z	7	0	0	0		
Theobrominemg	0	0	Z	7	0	0	0		

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 30.5g: 1 fl oz Measure 3 = 15g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		Amour	<u>it in 100 gr</u>	am s	Amount in edible portion of common					
			Nun	nber					easures of foo	
						Source Co	onfidence			
Nutrients and Ur	nits	Mean Std	.Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	88.13	0.050	28	A	1		215.03	13.22	26.88
Energy	-	61	0.050	0	NC	4		149	9	19
		256		0	NC	4		625	38	78
Energy Protein		3.15	0.029	27	A	1		7.70	0.47	0.96
	=	3.27	0.029	27	A	1		7.70		1.00
Total lipid (fat)		0.67	0.024	24	A	1		1.64	0.49	0.21
Ash	_	4.78	0.004	0	NC	4		11.66	0.10	1.46
Carbohydrate, by difference		0.0		0	NC	4		0.0	0.72	0.0
Fiber, total dietary				0	3.0	1			0.0	
Sugars, total		5.05	0 000		AS	1		12.33	0.76	1.54
Sucrose		0.00	0.000	24	A -			0.00	0.00	0.00
Glucose (dextrose)		0.00	0.000	24	A	1		0.00	0.00	0.00
Fructose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Lactose		5.05	0.052	24	A	1		12.33	0.76	1.54
Maltose	g	0.00	0.000	24	A	1		0.00	0.00	0.00
Galactose		0.00	0.000	12	A	1		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	_	113	1.760	16	A	1		275	17	34
Iron, Fe	mg	0.03	0.002	46	A	1		0.08	0.00	0.01
Magnesium, Mg	mg	10	0.116	42	A	1		25	2	3
Phosphorus, P	mg	84	1.087	42	A	1		205	13	26
Potassium, K	-	132	1.985	41	A	1		323	20	40
Sodium, Na	-	43	0.548	42	A	1		104	6	13
Zinc, Zn		0.37	0.007	42	A	1		0.91	0.06	0.11
Copper, Cu		0.025	0.001	42	A	1		0.061	0.004	0.00
Manganese, Mn		0.004	0.000	41	A	1		0.011	0.001	0.00
Selenium, Se	µg	3.7	0.185	29	A	1		9.0	0.6	1.1
Vitamins:	m a	0.0	0.000	-		1		0.0		
Vitamin C, total ascorbic acid	-			7	A	1			0.0	0.0
Thiamin	-	0.046 0.169	0.001	24 23	A A	1		0.112	0.007	0.01
Riboflavin	-	0.169	0.001	24	A	1		0.411 0.216	0.025	0.05
Niacin Pantothenic acid	-	0.089		8	A	1		0.910	0.013 0.056	0.02 0.11
Vitamin B-6		0.373	0.003	24	A	1		0.910	0.036	0.11
	-	5	0.534	8	A	1		12	1	2
Folate, totalFolic acid		0	0.534	0	z	7		0	0	0
Folate, food		5	0.534		4	1		12	1	2
Folate, DFE		5	0.554	٥	NC	1		12	1	2
*	· -	14.3		0	AS	1		34.9	2.1	4.4
Choline, total		0.6		1	AS	1		1.5	0.1	0.2
Betaine		0.45	0.021		A	1		1.09	0.07	0.14
Vitamin B-12		0.00	0.021	0	Z	7		0.00	0.00	0.00
Vitamin B-12, added		46		0	AS	1		112	7	14
Vitamin A, RAE Retinol		45	1.926	4	A	1		110	7	14
Carotene, beta		7	0.618	10	A	1		16	1	2
Carotene, alpha		0	0.000	10	A	1		0	0	0
		0		10	A	1		0	0	0
Cryptoxanthin, beta		162	0.000	0	AS	1		395	24	49
Vitamin A, IU Lycopene		0	0.000	6	AS	1		0	0	0
• •		0				1		0	0	0
Lutein + zeaxanthin		0.07	0.000	6 24	A A	1		0.17	0.01	0.02
Vitamin E (alpha-tocopherol)		0.00	0.003	0	Z	7		0.17	0.01	0.02
Vitamin E, added		0.00	0.000	24	A	1		0.00	0.00	0.00
Tocopherol, beta		0.00		24	A	1		0.00	0.00	
Tocopherol, gamma		0.00		24	A A	1				0.00
Tocopherol, delta			0.000			1		0.00	0.00	0.00
Tocotrienol, alpha Tocotrienol, beta		0.00 0.00	0.001	24	A A	1		0.00	0.00 0.00	0.00

	An	nount in 10	00 gran	ns of ed	ible portion	Amount in e	edible portion	of common
			Numb	or			easures of foo	
Nutrients and Units	Mean	Std. Error	of Da	ta Deriv	Source Confider Code Code		Measure 2	Measure 3
T	ma 0.7		000 2	4 3	1	0.00	0.00	0.00
Tocotrienol, gamma Tocotrienol, delta			000 2		1 1	0.00 0.00	0.00	0.00 0.00
Vitamin D (D2 + D3)	0		(1	0.2	0.0	0.0
Vitamin D2 (ergocalciferol)					_			
Vitamin D3 (cholecalciferol)			C	Т	4	0.2	0.0	0.0
Vitamin D	<u>IU</u> 2		() Т	4	5	0	1
Vitamin K (phylloquinone)			007 8		1	0.6	0.0	0.1
Dihydrophylloquinone			000		1	0.0	0.0	0.0
Menaquinone-4	μg 1.0	0.	050 4	l A	1	2.3	0.1	0.3
Lipids:								
Fatty acids, total saturated	g 1.8	65	() NR	4	4.551	0.280	0.569
4:0			000 1		1	0.182	0.011	0.023
6:0	-		000 1		1	0.182	0.011	0.023
8:0			000 1		1	0.182	0.011	0.023
10:0	-		000 1 002 1		1 1	0.182 0.187	0.011 0.011	0.023 0.023
12:0	•			Z A	1	0.000	0.000	0.023
14:0	•		011 1		1	0.724	0.045	0.091
15:0	•		000 1		1	0.000	0.000	0.000
16:0	-	29 0.	029 1	2 A	1	2.022	0.124	0.253
17:0	g 0.0	00 0.	000 1	2 A	1	0.000	0.000	0.000
18:0	g 0.3	65 0.	015 1	2 A	1	0.890	0.055	0.111
20:0	g 0.0	00 0.	000 1	2 A	1	0.000	0.000	0.000
22:0	-		000 1		1	0.000	0.000	0.000
24:0	=		000 1		1	0.000	0.000	0.000
Fatty acids, total monounsaturated			000 1		4	1.981	0.122	0.248
14:1		0.	000 1	2 A	1	0.000	0.000	0.000
15:1 16:1 undifferentiated 17:1	.g 0.0	00 0.	000 1	2 A	1	0.000	0.000	0.000
18:1 undifferentiated		12 0.	032 1	2 A	1	1.982	0.122	0.248
20:1	.5		000 1		1	0.000	0.000	0.000
22:1 undifferentiated	-	00 0.	000 1	2 A	1	0.000	0.000	0.000
24:1 c	g							
Fatty acids, total polyunsaturated			() NR	4	0.476	0.029	0.059
18:2 undifferentiated	•		005 1		1	0.293	0.018	0.037
18:3 undifferentiated	-		000 1		1	0.182	0.011	0.023
18:4		0.	000 1	2 A	1	0.000	0.000	0.000
20:2 n-6 c,c 20:3 undifferentiated	=							
20:4 undifferentiated		00 0.	000 1	2 A	1	0.000	0.000	0.000
20:5 n-3 (EPA)	.0		000 1		1	0.000	0.000	0.000
21:5								
22:4	g							
22:5 n-3 (DPA)	-		000 1		1	0.000	0.000	0.000
22:6 n-3 (DHA)	-	00 0.	000 1	2 A	1	0.000	0.000	0.000
Fatty acids, total trans	-	•			_			•
CholesterolPhytosterols	=	0.	549 1	2 A	1	25	2	3
•	,g							
Amino Acids:	~ ^ ^	.40				0.000	2 226	0.010
Tryptophan Threonine			(1 1	0.098 0.328	0.006 0.020	0.012 0.041
Isoleucine			(1	0.398	0.020	0.050
Leucine			(1	0.728	0.024	0.091
Lysine	•		(1	0.644	0.040	0.080
Methionine	•		(1	0.202	0.012	0.025
Cystine	•		() A	1	0.047	0.003	0.006
Phenylalanine	.g 0.1	.63	() A	1	0.398	0.024	0.050
Tyrosine			(1	0.389	0.024	0.049
Valine			(1	0.504	0.031	0.063
Arginine			(1	0.220	0.014	0.027
Histidine	•		(1	0.232	0.014	0.029
Alanine	.g 0.1	.07	() A	1	0.260	0.016	0.033

	Amount in	100 grams	Amount in e	Amount in edible portion of common					
		Number			<u>m</u>	measures of food			
Nutrients and Units	Mean Std. Er			Source Confi Code Co	dence ode Measure 1	Measure 2	Measure 3		
Aspartic acidg	0.270	0	A	1	0.658	0.040	0.082		
Glutamic acidg	0.708	0	A	1	1.729	0.106	0.216		
Glycineg	0.062	0	A	1	0.152	0.009	0.019		
Prolineg	0.311	0	A	1	0.759	0.047	0.095		
Serineg	0.190	0	A	1	0.464	0.029	0.058		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0	Z	7	0.0	0.0	0.0		
Caffeinemg	0	0	Z	7	0	0	0		
Theobrominemg	0	0	Z	7	0	0	0		

Common Measures:

Measure 1 = 244g: 1 cup Measure 2 = 15g: 1 tbsp Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in	ioo grams	or eal	ne portio	<u> </u>	Amount in e	dible portion	of common
			Numbei	r			<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Un	ite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Wiedli Stu. Di	01				Wicasure i	Weasure 2	Weasure
Proximates:									
Water	g	79.74	0	NR	4		181.01		
Energy	kcal	88	1	LC	8		200		
Energy	kJ	368	0	LC	8		835		
Protein (N x 6.38)	g	4.40	1	LC	8		9.99		
Total lipid (fat)	g	3.08	1	LC	8		6.99		
Ash		0.90	0	BFZN	4		2.04		
Carbohydrate, by difference	_	11.88	1	LC	8		26.98		
Fiber, total dietary		2.2	1	LC	8		5.0		
Sugars, total		2.64	0	0	4		5.99		
Starch									
Minerals:									
Calcium, Ca	-	110	1	LC	8		250		
Iron, Fe		1.98	1	LC	8		4.50		
Magnesium, Mg		44	1	LC	8		100		
Phosphorus, P		110	1	LC	8		250		
Potassium, K	_	176	1	LC	8		400		
Sodium, Na	-	92	1	LC	8		210		
Zinc, Zn	-	1.65	1	LC	8		3.75		
Copper, Cu		0.220	1	LC	8		0.500		
Manganese, Mn	-	0.097	1	LC	8		0.220		
Selenium, Se	µg	7.7	1	LC	8		17.5		
Vitamins:									
Vitamin C, total ascorbic acid	ma	26.4	1	LC	8		59.9		
Thiamin	_	0.165	1	LC	8		0.375		
Riboflavin		0.187	1	LC	8		0.425		
Niacin	-	2.201	1	LC	8		4.996		
Pantothenic acid	-	1.100	1	LC	8		2.498		
Vitamin B-6	_	0.220	1	LC	8		0.500		
Folate, total	-	44	1	LC	8		100		
Folic acid		44	0	NR	4		100		
Folate, food		0	0	Z	7		0		
Folate, DFE		75	0	NC	4		170		
Choline, total		60.5	0	0	4		137.4		
Betaine	-	3313	·	•	-				
Vitamin B-12		0.66	1	LC	8		1.50		
Vitamin B-12, added		0.66	0	NR	4		1.50		
Vitamin A, RAE		165	0	NC	4		375		
Retinol		165	0	NR	4		375		
Carotene, beta		0	0	Z	7		0		
Carotene, alpha		0	0	Z	7		0		
Cryptoxanthin, beta		0	0	z	7		0		
Vitamin A, IU		550	1	LC	8		1249		
Lycopene		0	0	Z	7		0		
Lutein + zeaxanthin		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)		1.46	0	0	4		3.31		
Vitamin E, added		1.46	0	NR	4		3.31		
Tocopherol, beta		1.10	Ū	1417	-		3.31		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		1.1	0	NR	4		2.5		
		44	1	LC	8		100		
Vitamin D		8.8	0	0	4		20.0		
Vitamin K (phylloquinone)		0.0	U	J	*		20.0		
Dihydrophylloquinone									

		<u>Am</u>	ount in 10	0 grams	of edil	Amount in edible portion of common measures of food				
				Number				<u>m</u>	easures of too	<u>od</u>
				of Data	Deriv	Source C	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.2	32	0	BFFN	4		0.527		
4:0	g	0.00	00	0	BFFN	4		0.000		
6:0	g	0.00	00	0	BFFN	4		0.000		
8:0	g	0.00	00	0	BFFN	4		0.000		
10:0	g	0.00	03	0	BFFN	4		0.007		
12:0	g	0.00	00	0	BFFN	4		0.000		
13:0	g									
14:0	g	0.00	00	0	BFFN	4		0.000		
15:0	g									
16:0	g	0.1	50	0	BFFN	4		0.340		
17:0	g									
18:0		0.0	59	0	BFFN	4		0.134		
20:0	g									
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	-	2.33	18	0	BFFN	4		5.261		
14:1										
15:1	-									
16:1 undifferentiated		0.00	03	0	BFFN	4		0.007		
17:1										
18:1 undifferentiated		2.30		0	BFFN	4		5.234		
20:1		0.00		0	BFFN	4		0.020		
22:1 undifferentiated	•	0.00	00	0	BFFN	4		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		0.39		0	BFFN	4		0.897		
18:2 undifferentiated		0.39		0	BFFN	4		0.890		
18:3 undifferentiated	-	0.00		0	BFFN	4		0.007		
18:4		0.00	00	0	BFFN	4		0.000		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.00		0	BFFN	4		0.000		
20:5 n-3 (EPA)		0.00	00	0	BFFN	4		0.000		
21:5										
22:4	-	0.00		•				0.000		
22:5 n-3 (DPA)		0.00		0	BFFN	4		0.000		
22:6 n-3 (DHA)		0.00	JU	0	BFFN	4		0.000		
Fatty acids, total trans	-	•						_		
Cholesterol	-	2		1	LC	8		5		
Phytosterols	¹¹¹ 9									
Others:	_				_	_				
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine		2		0	BFZN	4		5		
Theobromine	mg	23		0	BFZN	4		52		

Common Measures:

Measure 1 = 227g: 1 can

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in 1	oo grams	oreal	ne portio	<u>///</u>		dible portion	
			Number				<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source	Confidence			
Nutrients and Un	ite	Mean Std. Erro	r Points			Code	Measure 1	Measure 2	Measure
Nutrients and Or	iits	Mean Stu. Dic	,,				wicasure i	Wieasure 2	Wicasuic
Proximates:									
Water	g	8.60	0		4		0.43		
Energy		370	0	NC	4		19		
Energy		1548	0		4		77		
Protein		40.00	0	LC	8		2.00		
Total lipid (fat)		5.00	0	LC	8		0.25		
Ash	-	6.40	0	BFZN	4		0.32		
Carbohydrate, by difference	-	40.00	0	LC	8		2.00		
Fiber, total dietary		0.0	0	LC	8		0.0		
Sugars, total		1.50	0	BFNN	4		0.08		
Starch		2.55	•	22111	-		*****		
Starcii	9								
Minerals:									
Calcium, Ca	<u>m</u> g	800	0	LC	8		40		
Iron, Fe	-	5.00	0	LC	8		0.25		
Magnesium, Mg		40	0	BFZN	4		2		
Phosphorus, P		700	0	BFZN	4		35		
Potassium, K	-	600	0	LC	8		30		
Sodium, Na	-	1150	0	LC	8		58		
Zinc, Zn	-	3.00	0	BFZN	4		0.15		
Copper, Cu		0.020	0	BFZN	4		0.001		
Manganese, Mn		40.0							
Selenium, Se	µg	43.3	0	BFNN	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	LC	8		0.0		
Thiamin	mg	0.050	0	BFZN	4		0.003		
Riboflavin	mg	0.050	0	BFZN	4		0.003		
Niacin	mg	0.200	0	BFZN	4		0.010		
Pantothenic acid	mg								
Vitamin B-6	mg	0.100	0	BFZN	4		0.005		
Folate, total	µg	25	0	BFZN	4		1		
Folic acid	µg	0	0	Z	7		0		
Folate, food	µg	25	0	BFZN	4		1		
Folate, DFE	µg	25	0	NC	4		1		
Choline, total	mg	15.4	0	CAZN	4		0.8		
Betaine	-								
Vitamin B-12		1.10	0	BFZN	4		0.06		
Vitamin B-12, added		0.00	0	Z	7		0.00		
Vitamin A, RAE		40	0	NC	4		2		
Retinol		39	0	BFFN	4		2		
Carotene, beta		13	0	BFFN	4		1		
Carotene, alpha		0	0	Z	7		0		
Cryptoxanthin, beta		0	0	Z	7		0		
Vitamin A, IU		151	0	NC	4		8		
Lycopene		0	0	Z	7		0		
Lutein + zeaxanthin		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)		0.04	0	BFFN	4		0.00		
Vitamin E, added		0.00	0	Z	7		0.00		
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta Tocotrienol, gamma	-								
Tocotrienol, delta		0.0	n	z	7		0.0		
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0		
Vitamin D		0.4	0	BFFN	4		0.0		
Vitamin K (phylloquinone)		V.4	U	DEFN	*		0.0		
Dihydrophylloquinone	hg								

	Amount in	100 grams	of edil	ble portio	<u>n</u>	Amount in e	Amount in edible portion of common		
		Nivers is a	_				easures of fo		
		Number						<u>~~</u>	
Nutrients and Units	Mean Std. En	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>									
Fatty acids, total saturatedg	3.110	0	BFZN	4		0.156			
4:0g	0.162	0	BFZN	4		0.008			
6:0g	0.096	0	BFZN	4		0.005			
8:0g	0.056	0	BFZN	4		0.003			
10:0g	0.126	0	BFZN	4		0.006			
12:0g	0.140	0	BFZN	4		0.007			
13:0g									
14:0g	0.502	0	BFZN	4		0.025			
15:0g									
16:0g	1.303	0	BFZN	4		0.065			
17:0g									
18:0g	0.606	0	BFZN	4		0.030			
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	1.446	0	BFZN	4		0.072			
14:1g		·		-		0.072			
15:1g									
16:1 undifferentiated	0.112	0	BFZN	4		0.006			
17:1g	0.112	Ū	DI ZIN	-		0.000			
18:1 undifferentiated	1.256	0	BFZN	4		0.063			
_	0.076	0	BFZN	4		0.003			
20:1		0		4					
	0.000	U	BFZN	4		0.000			
24:1 cg	0.105								
Fatty acids, total polyunsaturatedg	0.186	0	BFZN	4		0.009			
18:2 undifferentiatedg	0.113	0	BFZN	4		0.006			
18:3 undifferentiatedg	0.073	0	BFZN	4		0.004			
18:4g	0.000	0	BFZN	4		0.000			
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0	BFZN	4		0.000			
20:5 n-3 (EPA)g	0.000	0	BFZN	4		0.000			
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.000	0	BFZN	4		0.000			
22:6 n-3 (DHA)g	0.000	0	BFZN	4		0.000			
Fatty acids, total transg									
Cholesterolmg	20	0	LC	8		1			
Phytosterolsmg									
Othors									
Others:	2.2	•	_	-		0.0			
Alcohol, ethyl	0.0	0	z	7		0.0			
Caffeinemg	0	0	Z	7		0			
Theobrominemg	0	0	Z	7		0			

Common Measures:

Measure 1 = 5.0g: 1 tablespoon

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amour	nt in 100 gram	Amount in edible portion of common					
			Num be	measures of food					
					Source	Confidence			
Nutrients and Un	ite	Mean Std	. Error Points			Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Mean Stu					Wieasure i	Wicasure 2	Weasure
Proximates:									
Water	g	12.00	0	NR	4		6.00		
Energy	kcal	396	0	NC	4		198		
Energy	kJ	1657	0	NC	4		828		
Protein (N x 6.38)	g	50.00	1	LC	8		25.00		
Total lipid (fat)	g	12.00	1	LC	8		6.00		
Ash	g	4.00	0	NR	4		2.00		
Carbohydrate, by difference	g	22.00	0	NR	4		11.00		
Fiber, total dietary	g	2.0	1	LC	8		1.0		
Sugars, total	g	4.00	1	LC	8		2.00		
Starch	g								
Minerals:									
Calcium, Ca	ma	1200	1	LC	8		600		
Iron, Fe	-	12.00	1	LC LC	8 8		6.00		
Magnesium, Mg		280	1	LC	8		140		
Phosphorus, P		700	1	LC	8		350		
Potassium, K		840	1	LC	8		420		
Sodium, Na	-	250	1	LC	8		125		
Zinc, Zn	mg	10.00	1	LC	8		5.00		
Copper, Cu	mg	1.400	1	LC	8		0.700		
Manganese, Mn	mg								
Selenium, Se	µg	33.8	0	BFPN	4		16.9		
Vitamins:									
Vitamin C, total ascorbic acid	ma	42.0	1	LC	8		21.0		
Thiamin	-	1.000	1	LC	8		0.500		
Riboflavin	-	1.200	1	LC	8		0.600		
Niacin	-	14.000	1	LC	8		7.000		
Pantothenic acid	-	8.000	1	LC	8		4.000		
Vitamin B-6	-	1.400	1	LC	8		0.700		
Folate, total	-	280	1	LC	8		140		
Folic acid		280	1	LC	8		140		
Folate, food	µg	0	0	AS	1		0		
Folate, DFE		476	0	NC	4		238		
Choline, total	mg	81.6	0	BFZN	4		40.8		
Betaine	mg								
Vitamin B-12	µg	4.20	1	LC	8		2.10		
Vitamin B-12, added	µg	4.20	0	NR	4		2.10		
Vitamin A, RAE	µg	1050	0	NC	4		525		
Retinol	µg	1050	0	NR	4		525		
Carotene, beta		0	0	Z	7		0		
Carotene, alpha		0	0	Z	7		0		
Cryptoxanthin, beta		0	0	Z	7		0		
Vitamin A, IU		3500	1	LC	8		1750		
Lycopene		0	0	Z	7		0		
Lutein + zeaxanthin		0	0	Z	7		0		
Vitamin E (alpha-tocopherol)		9.45 9.45	1 0	LC NR	8 4		4.73 4.73		
Vitamin E, added		9.40	U	NK	4		4./3		
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		7.0	1	LC	8		3.5		
Vitamin D		280	1	LC	8		140		
Vitamin K (phylloquinone)		0.5	0	BFZN	4		0.2		
Dihydrophylloquinone									
Menaquinone-4									

	Amount in	100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Eri	ror Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	1 000	•	17.0	4				
Fatty acids, total saturated	1.087	0	NC	4		0.544		
4:0g	0.000	0		4		0.000		
6:0g	0.000	0		4		0.000		
8:0g	0.000	0		4		0.000		
10:0g	0.000	0		4		0.000		
12:0g	0.000	0		4		0.000		
13:0g		•						
14:0g	0.000	0		4		0.000		
15:0g		_						
16:0g	0.435	0		4		0.217		
17:0g	0.450	•						
18:0g	0.653	0		4		0.326		
20:0g								
22:0g								
24:0g	8.474	0	NC	4		4 025		
Fatty acids, total monounsaturatedg	0.4/4	U	NC	4		4.237		
14:1g								
15:1g	0.000	0		4		0.000		
16:1 undifferentiatedg	0.000	U		4		0.000		
17:1g	8.148	0		4		4.074		
18:1 undifferentiatedg	0.217	0		4		0.108		
20:1g 22:1 undifferentiatedg	0.109	0		4		0.108		
24:1 cg	0.109	U		4		0.055		
Fatty acids, total polyunsaturated	1.239	0	NC	4		0.620		
18:2 undifferentiatedg	1.196	0	NC	4		0.598		
18:3 undifferentiated	0.043	0		4		0.021		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg	0.000	Ū		-		0.000		
20:3 undifferentiated								
20:4 undifferentiated	0.000	0		4		0.000		
20:5 n-3 (EPA)	0.000	0		4		0.000		
21:5g	0.000	ŭ		-		0.000		
22:4g								
22:5 n-3 (DPA)g	0.000	0		4		0.000		
22:6 n-3 (DHA)g	0.000	0		4		0.000		
Fatty acids, total trans		·		=		0.000		
Cholesterol mg	10	1	LC	8		5		
Phytosterolsmg		-		J		-		
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 50g: 2 scoop

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		Aiii	ount in 10	Amount in edible portion of common						
				measures of food						
				Number of Data		Source	Confidence			
Nutrients and Un	ite	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure 3
Nutrients and on	11.5	Wicali (ota. 🗀 101					Wicasure	Wedsule 2	wicasure .
Proximates:										
Water	g	15.00		0		8		1.65		
Energy	kcal	411		0	NC	4		45		
Energy	kJ	1720		0	NC	4		189		
Protein (N x 6.38)	g	45.71		1	LC	8		5.03		
Total lipid (fat)	g	17.14		1	LC	8		1.89		
Ash	g	3.65		0	NR	4		0.40		
Carbohydrate, by difference	g	18.50		0		8		2.04		
Fiber, total dietary	g	7.1		1	LC	8		0.8		
Sugars, total	g	5.71		1	LC	8		0.63		
Starch	g									
Minorala										
Minerals:	m.c	500		1	LC	8		55		
Calcium, Ca	-			1		8 8		0.94		
Iron, Fe		8.57 200		1	LC LC	8 8		22		
Phosphorus, P	-	643		1	LC	8		71		
Potassium, K		1129		1	LC	8		124		
Sodium, Na	-	329		1	LC	8		36		
Zinc. Zn	-	7.14		1	LC	8		0.79		
Copper, Cu		1.000		1	LC	8		0.110		
Manganese, Mn										
Selenium, Se	-	33.8		0	BFPN	4		3.7		
¥7:4										
<u>Vitamins:</u>				_		•				
Vitamin C, total ascorbic acid	-	30.0	4	1 1	LC LC	8 8		3.3		
Thiamin	-	0.714		1		8		0.079		
Riboflavin	-	10.000		1	LC LC	8		0.094 1.100		
Niacin Pantothenic acid	-	5.714		1	LC	8		0.629		
Vitamin B-6	-	1.000		1	LC	8		0.110		
Folate, total	-	200	•	0	NR	4		22		
Folic acid		200		1	LC	8		22		
Folate, food		0		0	NR	4		0		
Folate, DFE		340		0	NC	4		37		
Choline, total		81.6		0	BFZN	4		9.0		
Betaine										
Vitamin B-12		3.00		1	LC	8		0.33		
Vitamin B-12, added	µg	3.00		0	NR	4		0.33		
Vitamin A, RAE	µg	750		0	NC	4		83		
Retinol	µg	750		0	NR	4		83		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta	µg	0		0	Z	7		0		
Vitamin A, IU	<u>IU</u>	2500		1	LC	8		275		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)		7.07		1	LC	8		0.78		
Vitamin E, added		7.07		0	NR	4		0.78		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta Vitamin D (D2 + D3)		5.0		1	LC	8		0.6		
Vitamin D (D2 + D3)		200		1	LC	8		22		
Vitamin D Vitamin K (phylloquinone)		0.5		0	BFZN	4		0.1		
Dihydrophylloquinone		0.5		U	DF 211	-		0.1		
Menaquinone-4										

	Amount in	n 100 grams Number	Amount in edible portion of common					
				measures of food				
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturatedg	1.553	0	NC	4		0.171		
4:0g	0.000	0		4		0.000		
6:0g	0.000	0		4		0.000		
8:0g	0.000	0		4		0.000		
10:0g	0.000	0		4		0.000		
12:0g	0.000	0		4		0.000		
13:0g								
14:0g	0.000	0		4		0.000		
15:0g								
16:0g	0.621	0		4		0.068		
17:0g								
18:0g	0.932	0		4		0.103		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	12.105	0	NC	4		1.332		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000		
17:1g		_						
18:1 undifferentiatedg	11.640	0		4		1.280		
20:1g	0.309	0		4		0.034		
22:1 undifferentiatedg	0.156	0		4		0.017		
24:1 cg		_						
Fatty acids, total polyunsaturatedg	1.770	0	NC	4		0.195		
18:2 undifferentiatedg	1.709	0		4		0.188		
18:3 undifferentiatedg	0.061	0		4		0.007		
18:4g	0.000	0		4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiated	0.000	0		4		0.000		
20:4 undifferentiatedg	0.000	0		4 4		0.000		
20:5 n-3 (EPA)g 21:5g	0.000	U		4		0.000		
22:4g 22:5 n-3 (DPA)g	0.000	0		4		0.000		
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000	0		4		0.000		
Fatty acids, total trans	0.000	U		-		0.000		
Cholesterolmg	21	1	LC	8		2		
Phytosterolsmg	22	-		Ū		-		
- 1.7 to storo is								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 11.0g: 1 tbsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		<u>Amount in</u>	Amount in edible portion of common						
			Num bei	measures of food					
					Source Co	nfidanca			
Nutrients and Units		Mean Std. En	ror Points			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	66.44	0	0	4		2.66	49.83	
Energy	kcal	149	1	A	1		6	112	
Energy	kJ	623	0	A	1		25	468	
Protein (N x 6.38)		3.00	1	A	1		0.12	2.25	
Total lipid (fat)		5.00	1	A	1		0.20	3.75	
Ash	-	0.56	0	0	4		0.02	0.42	
Carbohydrate, by difference	-	25.00	1	A	1		1.00	18.75	
Fiber, total dietary		0.4	1	A	1		0.0	0.3	
Sugars, total		16.00	1	A	1		0.64	12.00	
Starch									
Minerals:									
Calcium, Ca	mg	108	1	A	1		4	81	
Iron, Fe	-	0.03	0	BFAN	4		0.00	0.02	
Magnesium, Mg	mg	8	0	BFAN	4		0	6	
Phosphorus, P	mg	68	0	BFAN	4		3	51	
Potassium, K	-	108	0	BFAN	4		4	81	
Sodium, Na	-	72	1	A	1		3	54	
Zinc, Zn	mg	0.31	0	BFAN	4		0.01	0.23	
Copper, Cu		0.019	0	BFAN	4		0.001	0.014	
Manganese, Mn									
Selenium, Se	µg	3.0	0	BFAN	4		0.1	2.2	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	BFNN	4		0.0	0.0	
Thiamin	-	0.148	0	BFNN	4		0.006	0.111	
Riboflavin		0.619	0	BFNN	4		0.025	0.464	
Niacin	-	0.364	0	BFNN	4		0.015	0.273	
Pantothenic acid	mg								
Vitamin B-6	mg	0.123	0	BFNN	4		0.005	0.092	
Folate, total	µg	17	0	NR	4		1	13	
Folic acid	µg	0	0	BFNN	4		0	0	
Folate, food	µg	17	0	BFNN	4		1	13	
Folate, DFE	µg	17	0	NC	4		1	13	
Choline, total	mg	0.0	0	Z	7		0.0	0.0	
Betaine	mg								
Vitamin B-12	µg	1.48	0	BFNN	4		0.06	1.11	
Vitamin B-12, added	µg	0.00	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	49	0	NC	4		2	37	
Retinol	µg	48	0	BNA	4		2	36	
Carotene, beta	µg	9	0	BNA	4		0	7	
Carotene, alpha		0	0	Z	7		0	0	
Cryptoxanthin, beta		0	0	Z	7		0	0	
Vitamin A, IU		175	1	A	1		7	131	
Lycopene		0	0	Z	7		0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.09	0	BFFN	4		0.00	0.07	
Vitamin E, added		0.00	0	Z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta		0.0	0	-	7		0.0	0.0	
Vitamin D (D2 + D3)		0.0	0	Z Z	7		0.0	0.0	
Vitamin D			0					0	
Vitamin K (phylloquinone)		0.3	U	BFFN	4		0.0	0.3	
Dihydrophylloquinone									
Menaquinone-4	µg								

		Am	ount in 10	00 grams	Amount in edible portion of common measures of food					
				Number						
				of Data	Deriv	Source	Confidence			
Nutrients and Un	ts	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	a	2.8	69	0	NC	4		0.115	2.152	
4:0		0.1		0	BFFN	4		0.005	0.086	
6:0	•	0.1		0	BFFN	4		0.005	0.086	
8:0	-	0.1		0	BFFN	4		0.005	0.086	
10:0	-	0.1		0	BFFN	4		0.005	0.086	
12:0	-	0.1		0	BFFN	4		0.005	0.088	
13:0	-									
14:0		0.4	57	0	BFFN	4		0.018	0.343	
15:0	_									
16:0		1.2	75	0	BFFN	4		0.051	0.956	
17:0	_									
18:0	-	0.5	61	0	BFFN	4		0.022	0.421	
20:0										
22:0	-									
24:0										
Fatty acids, total monounsaturated	-	1.2	50	0	NC	4		0.050	0.937	
14:1	-									
15:1										
16:1 undifferentiated	-	0.0	00	0	BFFN	4		0.000	0.000	
17:1										
18:1 undifferentiated	-	1.2	50	0	BFFN	4		0.050	0.937	
20:1		0.0	00	0	BFFN	4		0.000	0.000	
22:1 undifferentiated	-	0.0		0	BFFN	4		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturated	_	0.2	99	0	NC	4		0.012	0.225	
18:2 undifferentiated		0.1		0	BFFN	4		0.007	0.139	
18:3 undifferentiated		0.1		0	BFFN	4		0.005	0.086	
18:4	-	0.0		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.0	00	0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)		0.0	00	0	BFFN	4		0.000	0.000	
21:5	-									
22:4	-									
22:5 n-3 (DPA)	-	0.0	00	0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)		0.0	00	0	BFFN	4		0.000	0.000	
Fatty acids, total trans										
Cholesterol		16		1	A	1		1	12	
Phytosterols	-									
,										
Others:	_			_	_	_		• •		
Alcohol, ethyl	_	0.0		0	Z	7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 4.0g: 1 tablespoon

Measure 2 = 75g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in 100 grams of edible portion							Amount in edible portion of common			
			Number	measures of food								
						Source Co	onfidonco					
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure		
Hattionto and of			ota: 2 : 0:					mododio i	modeare 2	ououro		
Proximates:												
Water		80.60	0	0		4		9.67	185.38			
Energy		74		0		4		9	170			
Energy	kJ	310		0		4		37	712			
Protein	g	3.10	0	0		8		0.37	7.13			
Total lipid (fat)	g	0.00		0		8		0.00	0.00			
Ash	g	0.70	0	0		4		0.08	1.61			
Carbohydrate, by difference	g	15.60	0	0		8		1.87	35.88			
Fiber, total dietary	g	0.0		0		8		0.0	0.0			
Sugars, total	g	0.39	9	0	BFNN	4		0.05	0.89			
Starch	g											
Minerals:				_					0.55			
Calcium, Ca	_	125	•	0		8		15	288			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.00	U	0		8 4		0.00 1	0.00			
Magnesium, Mg Phosphorus, P	_	10 95		0		4		11	23 219			
Potassium, K		129		0		4		15	297			
Sodium, Na	-	141		0		8		17	324			
Zinc. Zn	-	0.50	n	0		4		0.06	1.15			
Copper, Cu	•	0.03		0		4		0.002	0.037			
Manganese, Mn				•		-		*****	• • • • • • • • • • • • • • • • • • • •			
Selenium, Se	_	5.3		0	BFNN	4		0.6	12.2			
<u>Vitamins:</u>						_						
Vitamin C, total ascorbic acid	_	0.0		0		8		0.0	0.0			
Thiamin	_	0.04		0		4		0.005	0.092			
Riboflavin	_	0.1		0		4		0.018	0.345			
Niacin	_	0.0	70	0		4		0.008	0.161			
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •		••	•								
Vitamin B-6	_	0.03	20	0		4 4		0.002 1	0.046			
Folate, total		11 0		0	z	7		0	25 0			
Folic acid Folate, food		11		0	Z	4		1	25			
,		11		0	NC	4		1	25 25			
Folate, DFE		19.2		0	BFZN	4		2.3	44.2			
Betaine		17.2		Ū	DI ZIN	-		2.3	11.2			
Vitamin B-12		0.30	n	0		4		0.04	0.69			
Vitamin B-12. added		0.00		0	z	7		0.00	0.00			
Vitamin A, RAE		73	-	0	NC	4		9	167			
Retinol		72		0	NC	4		9	166			
Carotene, beta		9		0	NR	4		1	21			
Carotene, alpha		0		0	Z	7		0	0			
Cryptoxanthin, beta		0		0	z	, 7		0	0			
Vitamin A, IU		255		0	NC	4		31	587			
Lycopene		0		0	z	7		0	0			
Lutein + zeaxanthin		0		0	z	7		0	0			
Vitamin E (alpha-tocopherol)		0.00	0	0	BFFN	4		0.00	0.00			
Vitamin E, added		0.00	0	0	Z	7		0.00	0.00			
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma	_											
Tocotrienol, delta												
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0			
Vitamin D		0		0	z	7		0	0			
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.0	0.0			
Dihydrophylloquinone												
Menaquinone-4												

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	
					Source C	Confidence			
Nutrients and Units	Mean	Std. Erro	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.0	00	0		7		0.000	0.000	
4:0g	0.0	00	0		7		0.000	0.000	
6:0g	0.0	00	0		7		0.000	0.000	
8:0g	0.0	00	0		7		0.000	0.000	
10:0g	0.0	00	0		7		0.000	0.000	
12:0g	0.0	00	0		7		0.000	0.000	
13:0g									
14:0g	0.0	00	0		7		0.000	0.000	
15:0g									
16:0g	0.0	00	0		7		0.000	0.000	
17:0g									
18:0g	0.0	00	0		7		0.000	0.000	
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	00	0		7		0.000	0.000	
14:1g									
15:1g					_				
16:1 undifferentiatedg	0.0	000	0		7		0.000	0.000	
17:1g		.00	0		7				
18:1 undifferentiatedg	0.0		0				0.000	0.000	
20:1g			0		7 7		0.000	0.000	
22:1 undifferentiated	0.0	00	U		,		0.000	0.000	
Fatty acids, total polyunsaturated9	0.0	100	0		7		0.000	0.000	
18:2 undifferentiatedg	0.0		0		, 7		0.000	0.000	
18:3 undifferentiated	0.0		0		7		0.000	0.000	
18:4g	0.0		0		, 7		0.000	0.000	
20:2 n-6 c.cg	0.0		·		•		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.0	00	0		7		0.000	0.000	
20:5 n-3 (EPA)	0.0		0		7		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		7		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		7		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	9		0		8		1	21	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ou</u>	nt in 100 gran	Amount in edible portion of common					
			Num b	er				easures of fo	
					Source Co	nfidence			
Nutrients and Un	:40	Maan St	d. Error Poin			Code	Manaura 1	Magazira 2	Magaura
Nutrients and Un	its	Mean Sto	a. Error 10111	.s coue	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water		71.15	2	!	1		20.17	163.65	
Energy	kcal	208	(NC	4		59	479	
Energy	kJ	872	()	4		247	2006	
Protein (N x 6.29)	g	2.40	0.721	}	1		0.68	5.52	
Total lipid (fat)	g	19.52	0.418)	1		5.53	44.90	
Ash	g	0.30	1		1		0.09	0.69	
Carbohydrate, by difference	g	6.63	(NC	4		1.88	15.25	
Fiber, total dietary	g	0.0	()	4		0.0	0.0	
Sugars, total	g	6.63	(NR.	4		1.88	15.25	
Starch	g								
Minerals:_									
Calcium, Ca	<u>mg</u>	3	2		1		1	6	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.39	C		4		0.11	0.90	
Magnesium, Mg		6	C		4		2	15	
Phosphorus, P		45	2		1		13	102	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	161	2		1		46	369	
Sodium, Na	-	102	28.006 3		1		29	235	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.18	0		4		0.33	2.71	
Copper, Cu		0.058	0		1		0.016	0.133	
Manganese, Mn	_	0.110 2.5	(1 4		0.031 0.7	0.253 5.8	
Selenium, Se	µg	2.5		BFNN	4		0.7	3.6	
Vitamins:							0.0	2.2	
Vitamin C, total ascorbic acid	_	0.0 0.000	0		1 1		0.0	0.0	
Thiamin	_	0.000	(1		0.000	0.000 0.000	
Riboflavin	_	0.000	(1		0.000	0.000	
Pantothenic acid	_	0.000	Č		1		0.000	0.000	
Vitamin B-6		0.000	Č		1		0.000	0.000	
Folate, total	_	0	Č		1		0	0	
Folic acid		0	0		7		0	0	
Folate, food		0	C		1		0	0	
Folate, DFE		0	C	NC	4		0	0	
Choline, total		0.0	C	BFFN	4		0.0	0.1	
Betaine	mg								
Vitamin B-12	µg	0.00	C		1		0.00	0.00	
Vitamin B-12, added	µg	0.00	C	Z	7		0.00	0.00	
Vitamin A, RAE	µg	0	C	AS	1		0	0	
Retinol	µg	0	C	Z	7		0	0	
Carotene, beta	µg	0	C	Z	7		0	0	
Carotene, alpha	µg	0	C		7		0	0	
Cryptoxanthin, beta	µg	0	C	_	7		0	0	
Vitamin A, IU	JU	0	C		1		0	0	
Lycopene		0	C		7		0	0	
Lutein + zeaxanthin		0	C		7		0	0	
Vitamin E (alpha-tocopherol)		0.74	C				0.21	1.71	
Vitamin E, added		0.00	C	Z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, gamma									
Tocotrienol, gamma									
Vitamin D (D2 + D3)		0.0	C	z	7		0.0	0.0	
Vitamin D		0	Č		7		0	0	
Vitamin K (phylloquinone)		4.8	C				1.4	11.1	
Dihydrophylloquinone		1.0		21214	-			****	
Menaquinone-4									

	<u>A</u>	mount in	100 grams	of edib	le portion	Amount in e	dible portion o	of common
			Number				easures of foo	
Nutrients and Units	Mean	Std. Er		Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	•	.791	0		1	5.044	40.919	
4:0	•	.000 .000	0		1	0.000	0.000	
8:0		.028	2		1	0.291	2.364	
10:0	.5	.006	2		1	0.285	2.314	
12:0		.138	2		1	2.307	18.717	
14:0	=	.364	2		1	0.954	7.737	
15:0	=							
16:0 17:0		.981	2		1	0.562	4.556	
18:0	•	.244	2		1	0.636	5.161	
20:0	-							
22:0	-							
Fatty acids, total monounsaturated	•	.588	0		1	0.167	1.352	
14:1	.g							
15:1	•	000	0		1	0.000	0.000	
16:1 undifferentiated	=	.000	U		1	0.000	0.000	
18:1 undifferentiated	-	. 589	2		1	0.167	1.355	
20:1	-	.000	0		1	0.000	0.000	
22:1 undifferentiated 24:1 c		.000	0		1	0.000	0.000	
Fatty acids, total polyunsaturated	=	.056	0		1	0.016	0.129	
18:2 undifferentiated	.0	.056	2		1	0.016	0.129	
18:3 undifferentiated	•	.000	0		1 1	0.000	0.000	
18:4 20:2 n-6 c,c		.000	0		1	0.000	0.000	
20:3 undifferentiated								
20:4 undifferentiated		.000	0		1	0.000	0.000	
20:5 n-3 (EPA)		.000	0		1	0.000	0.000	
21:5 22:4	=							
22:5 n-3 (DPA)	=	.000	0		1	0.000	0.000	
22:6 n-3 (DHA)	•	.000	0		1	0.000	0.000	
Fatty acids, total trans			0		1	0	0	
Phytosterols			0		4	5	41	
Amino Acids:								
Tryptophan	.g 0	.033	0		4	0.009	0.076	
Threonine		.101	0		4	0.029	0.232	
Isoleucine		.147	0		4	0.042	0.338	
LeucineLysine	•	.237 .193	0		4 4	0.067 0.055	0.545 0.444	
Methionine	•	.073	0		4	0.021	0.168	
Cystine		.010	0		4	0.003	0.023	
Phenylalanine	•	.129	0		4	0.037	0.297	
TyrosineValine		.137 .172	0		4 4	0.039 0.049	0.315 0.396	
Arginine	•	.095	0		4	0.027	0.219	
Histidine	•	.071	0		4	0.020	0.163	
Alanine	•	.075	0		4 4	0.021	0.173	
Aspartic acidGlutamic acid		.170 .545	0		4	0.048 0.155	0.391 1.254	
Glycine		.048	0		4	0.014	0.110	
Proline	.g 0	.271	0		4	0.077	0.623	
Serine	•	.148	0		4	0.042	0.340	
Hydroxyproline	·9							
Others:	<u>g</u> 0.	0	0		7	0.0	0.0	
Alcohol, ethyl Caffeine	•		0	z	7	0.0	0.0	
	. •		-			-		

NDB No. 01074 Sour cream, imitation, cultured

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz Measure 2 = 230g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

					Amount in edible portion of common						
				Number				measures of food			
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	78.10	2	0		4		9.37	179.63		
Energy		136	,	0		4		16	313		
Energy		569		0		4		68	1309		
		3.50	n	0		8		0.42	8.05		
Protein Total lipid (fat)		10.60		0		8		1.27	24.38		
1 ' '	_	0.70		0		4		0.08	1.61		
Ash	_	7.10		0		8		0.08	16.33		
Carbohydrate, by difference		0.0	J	0		8 7		0.85			
Fiber, total dietary				0	DENT	4			0.0		
Sugars, total		0.22	2	U	BFNN	4		0.03	0.52		
Starch	9										
Minerals:											
Calcium, Ca	<u>mg</u>	141		0		8		17	324		
Iron, Fe	mg	0.07	7	0		4		0.01	0.16		
Magnesium, Mg		10		0		4		1	23		
Phosphorus, P		71		0		8		9	163		
Potassium, K	_	212		0		8		25	488		
Sodium, Na	_	83		0	NR	4		10	191		
Zinc, Zn	_	0.50		0		4		0.06	1.15		
Copper, Cu		0.01	16	0		4		0.002	0.037		
Manganese, Mn		2.1		•				0.4			
Selenium, Se	µg	3.1		0	BFNN	4		0.4	7.1		
Vitamins:											
Vitamin C, total ascorbic acid	-	0.9		0		4		0.1	2.1		
Thiamin		0.04		0		4		0.005	0.092		
Riboflavin	_	0.12		0		8		0.014	0.276		
Niacin	-	0.07	70	0		4		0.008	0.161		
Pantothenic acid	_	0.00	20	•				0.000	0.046		
Vitamin B-6	_	0.02 11	20	0		4 4		0.002 1	0.046		
Folate, total		0		0	z	7		0	25 0		
Folic acidFolate, food		11		0	4	4		1	25		
Folate, DFE		11		0	NC	4		1	25		
Choline, total		19.2		0	T	4		2.3	44.2		
Betaine		17.2		·	-	-		2.5	11.2		
Vitamin B-12	_	0.42	2	0		8		0.05	0.97		
Vitamin B-12. added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		90		0	NC	4		11	206		
Retinol		88		0	BFFN	4		11	202		
Carotene, beta		21		0	BFFN	4		2	47		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	z	7		0	0		
Vitamin A, IU		328		0	NC	4		39	754		
Lycopene		0		0	z	7		0	0		
Lutein + zeaxanthin		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.30)	0	BFFN	4		0.04	0.70		
Vitamin E, added		0.00)	0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.2		0	AS	1		0.0	0.4		
Vitamin D		8		0	BFFN	4		1	18		
Y71. 1 Y7 / 1 11 1	IIO	0.5		0	BFFN	4		0.1	1.2		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.5		•		· -					

	<u>Am ou</u>	ınt in 100 graı	ns of ed	Amount in edible portion of common				
		Num	or.				easures of foo	
				Source (Confidence			
Nutrients and Units	Mean St	d. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	6.600)	4		0.792	15.180	
4:0g	0.340)	4		0.041	0.782	
6:0g	0.200)	4		0.024	0.460	
8:0g	0.110)	4		0.013	0.253	
10:0g	0.260)	4		0.031	0.598	
12:0g	0.300)	4		0.036	0.690	
13:0g								
14:0g	1.060)	4		0.127	2.438	
15:0g								
16:0g	2.780)	4		0.334	6.394	
17:0g								
18:0g	1.280)	4		0.154	2.944	
20:0g								
22:0g								
24:0g			_					
Fatty acids, total monounsaturatedg	3.100	1)	4		0.372	7.130	
14:1g								
15:1g			_					
16:1 undifferentiatedg	0.240)	4		0.029	0.552	
17:1g	0.660)	4				
18:1 undifferentiatedg	2.660		-	=		0.319	6.118	
20:1g	0.000)	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0	4		0.000	0.000	
24:1 cg	0.400		•	4		0.040	0.000	
Fatty acids, total polyunsaturated	0.400)	4		0.048	0.920	
18:2 undifferentiated	0.240))	4 4		0.029	0.552	
18:3 undifferentiatedg	0.160)	4		0.019	0.368	
18:4g	0.000		J	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiated	0.000)	4		0.000	0.000	
	0.000)	4		0.000	0.000	
20:5 n-3 (EPA)g	0.000		,	4		0.000	0.000	
21:5g 22:4g								
	0.000		0	4		0.000	0.000	
22:5 n-3 (DPA)g 22:6 n-3 (DHA)g	0.000)	4		0.000	0.000	
Fatty acids, total trans	0.000		•	-		0.000	0.000	
Cholesterolg	35)	8		4	81	
Phytosterols mg			•	·		-	01	
•								
Others:								
Alcohol, ethylg	0.0)	7		0.0	0.0	
Caffeinemg	0) z	7		0	0	
Theobrominemg	0) z	7		0	0	

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am ount</u>	in 100 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Num bei	r			m	easures of fo	od_
					Source (Confidence			
Nutrients and Un	nits	Mean Std.	Error Points			Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	g	71.00	0		4		8.52	163.30	
Energy	_	181	0		4		22	416	
Energy		757	0		4		91	1742	
Protein		7.00	0		8		0.84	16.10	
Total lipid (fat)		14.10	0		8		1.69	32.43	
Ash	_	0.90	0		4		0.11	2.07	
Carbohydrate, by difference	-	7.00	0		8		0.84	16.10	
Fiber, total dietary		0.0	0		7		0.0	0.0	
Sugars, total		0.30	0	BFNN	4		0.04	0.68	
Starch		***************************************	·		-		0.01	0.00	
Minerals:									
Calcium, Ca	<u>m</u> g	141	0		8		17	324	
Iron, Fe	-	0.06	0		4		0.01	0.14	
Magnesium, Mg	mg	11	0		4		1	25	
Phosphorus, P	mg	85	0		4		10	196	
Potassium, K	mg	211	0		8		25	485	
Sodium, Na	-	70	0		8		8	161	
Zinc, Zn	mg	0.27	0		4		0.03	0.62	
Copper, Cu		0.010	0		4		0.001	0.023	
Manganese, Mn									
Selenium, Se	µg	4.1	0	BFNN	4		0.5	9.4	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.9	0		4		0.1	2.1	
Thiamin	mg	0.040	0		4		0.005	0.092	
Riboflavin	mg	0.240	0		8		0.029	0.552	
Niacin	mg	0.070	0		4		0.008	0.161	
Pantothenic acid	mg								
Vitamin B-6	mg	0.020	0		4		0.002	0.046	
Folate, total	µg	11	0		4		1	25	
Folic acid	µg	0	0	Z	7		0	0	
Folate, food	µg	11	0		4		1	25	
Folate, DFE	µg	11	0	NC	4		1	25	
Choline, total	<u>mg</u>	19.2	0	T	4		2.3	44.2	
Betaine	-								
Vitamin B-12		0.30	0		4		0.04	0.69	
Vitamin B-12, added		0.00	0	Z	7		0.00	0.00	
Vitamin A, RAE	µg	119	0	NC	4		14	274	
Retinol		117	0	BFFN	4		14	269	
Carotene, beta		27	0	BFFN	4		3	63	
Carotene, alpha		0	0	Z	7		0	0	
Cryptoxanthin, beta		0	0	Z	7		0	0	
Vitamin A, IU		436	0	NC	4		52	1002	
Lycopene		0	0	Z	7		0	0	
Lutein + zeaxanthin		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.40	0	BFFN	4		0.05	0.93	
Vitamin E, added		0.00	U	Z	7		0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Tocotrienol, alpha									
Tocotrienol, aipna Tocotrienol, beta									
Tocotrienol, gamma	-								
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.3	0	AS	1		0.0	0.6	
Vitamin D		10	0	BFFN	4		1	24	
Vitamin K (phylloquinone)		0.7	0	BFFN	4		0.1	1.5	
Dihydrophylloquinone		· · ·	ŭ		-		***		
Menaquinone-4	µg								

	<u>An</u>	ount in 10	00 grams	Amount in edible portion of common					
			Number					easures of foo	•
					Source (Confidence			
Nutrients and Units	Mean	Std. Erroi				Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated	8.7	00	0		4		1.044	20.010	
4:0g	0.4		0		4		0.055	1.058	
6:0g	0.2		0		4		0.032	0.621	
8:0g	0.1		0		4		0.018	0.345	
10:0g	0.3		0		4		0.043	0.828	
12:0	0.4		0		4		0.048	0.920	
13:0g	***		•		-		00010	01720	
14:0g	1.4	10	0		4		0.169	3.243	
15:0g			_		_		00200	01210	
16:0g	3.6	90	0		4		0.443	8.487	
17:0			_		_		******	01107	
18:0g	1.7	00	0		4		0.204	3.910	
20:0			•		-		*****	01720	
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	4.1	00	0		4		0.492	9.430	
14:1g									
15:1g									
16:1 undifferentiated	0.3	10	0		4		0.037	0.713	
17:1g									
18:1 undifferentiated	3.5	30	0		4		0.424	8.119	
20:1g	0.0		0		4		0.000	0.000	
22:1 undifferentiatedg	0.0		0		4		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturatedg	0.5	00	0		4		0.060	1.150	
18:2 undifferentiated	0.3	10	0		4		0.037	0.713	
18:3 undifferentiated	0.2		0		4		0.024	0.460	
18:4g	0.0	00	0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0		4		0.000	0.000	
20:5 n-3 (EPA)g	0.0	00	0		4		0.000	0.000	
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0		4		0.000	0.000	
22:6 n-3 (DHA)g	0.0	00	0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	35		0		8		4	81	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	

Common Measures:

Measure 1 = 12.0g: 1 tablespoon

Measure 2 = 230g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		An	ount in 10	0 grams	of edi	Amount in edible portion of common				
				Number					easures of fo	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.7	9	0		1		8.97	175.76	
Energy		178		0	NC	4		21	417	
Energy	kJ	743		0	NC	4		89	1747	
Protein (N x 6.38)	g	3.2	5	0		1		0.39	7.64	
Total lipid (fat)	g	16.5	7	0		1		1.99	38.94	
Ash	g	0.7	1	0		1		0.09	1.67	
Carbohydrate, by difference	g	4.6	8	0	NC	4		0.56	11.00	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	4.6	8	0	NR	4		0.56	11.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	113		0		1		14	266	
Iron, Fe	-	0.0	3	0		1		0.00	0.07	
Magnesium, Mg	-	10		0		1		1	23	
Phosphorus, P	-	87		0		1		10	205	
Potassium, K		162		0		1		19	380	
Sodium, Na	mg	48		0		1		6	113	
Zinc, Zn	mg	0.3	7	0		1		0.04	0.87	
Copper, Cu	mg	0.0	10	0		1		0.001	0.024	
Manganese, Mn	mg	0.0	02	0		1		0.000	0.005	
Selenium, Se	µg	2.3		0	BFNN	4		0.3	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		0.1	2.2	
Thiamin	-	0.0	38	0		1		0.005	0.089	
Riboflavin	mg	0.1	.63	0		1		0.020	0.383	
Niacin	mg	0.0	74	0		1		0.009	0.174	
Pantothenic acid	mg	0.3	98	0		1		0.048	0.935	
Vitamin B-6	mg	0.0	17	0		1		0.002	0.040	
Folate, total	µg	12		0		1		1	28	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food		12		0		1		1	28	
Folate, DFE		12		0	NC	4		1	28	
Choline, total	-	14.9		0	BFNN	4		1.8	35.0	
Betaine	-									
Vitamin B-12		0.3		0	_	1		0.04	0.77	
Vitamin B-12, added		0.0	0	0	Z	7		0.00	0.00	
Vitamin A, RAE		3		0	NC	4		0	7	
Retinol		0		0	NC	-		0	0	
Carotene, beta		0		0	BFFN Z	4 7		0	0	
Carotene, alpha		0		0	Z	7		0	0	
Cryptoxanthin, beta Vitamin A, IU		10		0	NC	4		1	24	
Lycopene		0		0	Z	7		0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.3	4	0	BFFN	4		0.16	3.15	
Vitamin E, added		0.0		0	Z	7		0.00	0.00	
Tocopherol, beta		2.0		•	-	-				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)		4.1		0	BFFN	4		0.5	9.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

	<u>Am</u>	ount in 100 gram Numbe		<u>ion</u> <u>Amour</u>	nt in edible portion measures of fo	
Nutrients and Units	Mean		a Deriv Source	Confidence Code Measu		Measure 3
Nutrients and onits	Weari	ota. E i oi		Wedsu	ic i measure z	measure 5
** **						
<u>Lipids:</u>	12.27	2	1		502 21 100	
Fatty acids, total saturated			1		.593 31.189 .000 0.000	
6:0	•		1		.000 0.000	
8:0			1		.038 0.750	
10:0			1		.099 1.936	
12:0		6 2	1	0.	271 5.302	
13:0	9					
14:0	2.79	3 2	1	0.	335 6.564	
15:0	9					
16:0		9 2	1	0.	338 6.625	
17:0						
18:0		0 2	1	0.	517 10.129	
20:0						
24:0						
Fatty acids, total monounsaturated		8 0	1	0.	235 4.601	
14:1				•		
15:1						
16:1 undifferentiated	0.08	7 2	1	0.	010 0.204	
17:1	9					
18:1 undifferentiated			1	0.	225 4.402	
20:1			1		0.000	
22:1 undifferentiated		0 0	1	0.	0.000	
24:1 c		8 0	-	•	0.56	
Fatty acids, total polyunsaturated			1		.056 1.100 .056 1.100	
18:2 undifferentiated	=		1		.000 0.000	
18:4	•		1		.000 0.000	
20:2 n-6 c,c		· ·	-	•	0.000	
20:3 undifferentiated						
20:4 undifferentiated		0 0	1	0.	0.000	
20:5 n-3 (EPA)	g 0.00	0 0	1	0.	0.000	
21:5	9					
22:4	9					
22:5 n-3 (DPA)			1		0.000	
22:6 n-3 (DHA)		0 0	1	0.	0.000	
Fatty acids, total trans			_	_		
Cholesterol	_	0	1	1 2	13	
Phytosterols	ng 15	U	4	2	35	
Amino Acids:						
Tryptophan			4		.005 0.106	
Threonine	-		4		.018 0.345	
Isoleucine	-		4		.024 0.463	
Leucine	-		4		.038 0.747	
Lysine			4		.031 0.606	
Methionine	-		4		.010 0.193	
Cystine			4 4		.004 0.071 .019 0.369	
Phenylalanine	•		4		.019 0.369 .019 0.369	
Tyrosine	-		4		.026 0.510	
Arginine	•		4		.014 0.277	
Histidine	•		4		.011 0.207	
Alanine			4		.013 0.263	
Aspartic acid			4		.030 0.580	
Glutamic acid			4		.082 1.600	
Glycine		9 0	4	0	.008 0.162	
Proline	0.31		4		.038 0.740	
Serine		7 0	4	0	.021 0.416	
Hydroxyproline	9					
Others:						
Alcohol, ethyl	0.0	0	7	0.0	0.0	
Caffeine	ng 0	0	z 7	0	0	

NDB No. 01058

Sour dressing, non-butterfat, cultured, filled cream-type

Number of Data Deriv Source Confidence
Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tbsp Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amount in	roo grams	or ear	ne portio	<u> </u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Ur	ite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure	
Nutrients and Or	iits	Mean Stu. Di	01				Wicasure i	Weasure 2	weasure .	
Proximates:										
Water	g	48.20	1	A	1		54.47			
Energy	_	282	0	NC	4		319			
Energy		1180	0		4		1333			
Protein		27.20	1	A	1		30.74			
Total lipid (fat)		18.30	1	A	1		20.68			
Ash	-	4.30	1	A	1		4.86			
Carbohydrate, by difference	-	2.00	0	NC	4		2.26			
Fiber, total dietary		0.0	0	Z	7		0.0			
Sugars, total		0.58	0	BFNN	4		0.66			
Starch		0.50	· ·	221111	-					
Starcii	9									
Minerals:										
Calcium, Ca	<u>m</u> g	905	1	A	1		1023			
Iron, Fe	-	0.13	1	A	1		0.15			
Magnesium, Mg		35	1	A	1		40			
Phosphorus, P		583	1	A	1		659			
Potassium, K	-	93	1	A	1		105			
Sodium, Na	-	725	1	A	1		819			
Zinc, Zn	-	4.30	1	A	1		4.86			
Copper, Cu		0.021	0	BFZN	4		0.024			
Manganese, Mn			_							
Selenium, Se	µg	15.5	0	BFNN	4		17.5			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0			
Thiamin	-	0.030	1	A	1		0.034			
Riboflavin		0.300	1	A	1		0.339			
Niacin	-	0.060	1	A	1		0.068			
Pantothenic acid	mg									
Vitamin B-6	-	0.084	1	A	1		0.095			
Folate, total	µg	20	0	BFNN	4		23			
Folic acid	µg	0	0	BFNN	4		0			
Folate, food	µg	20	0	BFNN	4		23			
Folate, DFE	µg	20	0	NC	4		23			
Choline, total	mg	15.4	0	T	4		17.4			
Betaine	mg									
Vitamin B-12	µg	1.66	1	A	1		1.88			
Vitamin B-12, added	µg	0.00	0	BFNN	4		0.00			
Vitamin A, RAE	µg	150	0	NC	4		170			
Retinol	µg	142	0	BFFN	4		161			
Carotene, beta	µg	95	0	BFNN	4		107			
Carotene, alpha	µg	0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU	<u>I</u> U	633	0	NC	4		715			
Lycopene	µg	0	0	Z	7		0			
Lutein + zeaxanthin	µg	0	0	Z	7		0			
Vitamin E (alpha-tocopherol)	mg	0.16	0	BFFN	4		0.18			
Vitamin E, added	<u>mg</u>	0.00	0	BFNN	4		0.00			
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)	µg	0.3	0	AS	1		0.4			
Vitamin D		13	0	BFFN	4		15			
Vitamin K (phylloquinone)	µg	1.5	0	BFFN	4		1.7			

	Amo	ount in 10	0 grams	Amount in edible portion of common					
			Number	•			<u>m</u>	easures of fo	<u>od</u>
			of Data	Deriv	Source (Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>									
Fatty acids, total saturatedg	11.58		1	A	1		13.085		
4:0g	0.72		1	A	1		0.814		
6:0g	0.42		1	A	1		0.475		
8:0g	0.24		1	A	1		0.271		
10:0g	0.52		1	A	1		0.588		
12:0g	0.56	0	1	A	1		0.633		
13:0g	1 00	•		_					
14:0g	1.88	U	1	A	1		2.124		
15:0g	5.02	^	1	A	1		F 683		
16:0g 17:0g	5.02	U	1	A	1		5.673		
17:0g 18:0g	2.24	n	1	A	1		2.531		
20:0g	2.24	J	1	A	1		2.551		
20:0g 22:0g									
24:0g									
Fatty acids, total monounsaturatedg	5.02	n	1	А	1		5.673		
14:1g		-	_		_		5,0,0		
15:1g									
16:1 undifferentiated	0.30	0	1	A	1		0.339		
17:1g									
18:1 undifferentiatedg	4.47	0	1	A	1		5.051		
20:1g	0.04	0	1	A	1		0.045		
22:1 undifferentiatedg	0.00	0	1	A	1		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.75	0	1	A	1		0.848		
18:2 undifferentiatedg	0.57	0	1	A	1		0.644		
18:3 undifferentiatedg	0.13	0	1	A	1		0.147		
18:4g	0.00	0	1	A	1		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.03		1	A	1		0.034		
20:5 n-3 (EPA)g	0.00	0	1	A	1		0.000		
21:5g									
22:4g		_							
22:5 n-3 (DPA)g	0.00		1	A	1		0.000		
22:6 n-3 (DHA)	0.00	0	1	A	1		0.000		
Fatty acids, total transg	5.0				1		63		
Cholesterolmg	56		1	A	1		63		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Common Measures:

Measure 1 = 113g: 1 cup shredded

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	ınt in 100 gr	ams	<u>Am ount</u> in	Amount in edible portion of common			
			Nun	nber	r		<u>n</u>	easures of fo	od_
						Source Confide	nce		
Nutrients and Unit	s	Mean St	d. Error Po					Measure 2	Measure
roximates: Water	a	3.51	0.174	52		1	2.00	0.10	
		339	0.1/4	0	NC	4	193	10	
Energy					NC				
Energy		1419		0		4	809	41	
Protein (N x 6.38)		11.73	0.182			1	6.69	0.34	
Total lipid (fat)		0.54	0.031			1	0.31	0.02	
Ash	g	10.77	0.223	48		1	6.14	0.31	
Carbohydrate, by difference	g	73.45		0	NC	4	41.87	2.13	
Fiber, total dietary	g	0.0		0		4	0.0	0.0	
Sugars, total	g	73.45		0	NR	4	41.87	2.13	
Starch	g								
Ainerals:									
Calcium, Ca	ma	2054	105.458	23		1	1171	60	
Iron, Fe	-	1.24	0.179			1	0.71	0.04	
Magnesium, Mg	-	1,24	9.641			1	113	6	
		1349	82.507			1	769	39	
Phosphorus, P		2289	97.644			1	1304	66	
Potassium, K	-					1	552		
Sodium, Na	-	968	85.329					28	
Zinc, Zn	-	6.31	0.549			1	3.60	0.18	
Copper, Cu		0.050		0		1	0.029	0.001	
Manganese, Mn		0.015		0		1	0.009	0.000	
Selenium, Se	µg	27.3		0	BFNN	4	15.6	0.8	
<u>'itamins:</u>									
Vitamin C, total ascorbic acid	-	0.9	0.332			1	0.5	0.0	
Thiamin	-	0.622	0.072			1	0.355	0.018	
Riboflavin	-	2.060	0.130			1	1.174	0.060	
Niacin	mg	1.160	0.195			1	0.661	0.034	
Pantothenic acid	mg	5.632		0		1	3.210	0.163	
Vitamin B-6	mg	0.620	0.051	10		1	0.353	0.018	
Folate, total	µg	33	4.603	10		1	19	1	
Folic acid	µg	0		0	Z	7	0	0	
Folate, food	µg	33	4.603	10		1	19	1	
Folate, DFE	µg	33		0	NC	4	19	1	
Choline, total	mg	225.0		0	BFSN	4	128.3	6.5	
Betaine	mq								
Vitamin B-12	_	2.50	0.175	10		1	1.43	0.07	
Vitamin B-12, added	na	0.00		0	z	7	0.00	0.00	
Vitamin A, RAE		17		0	NC	4	10	0	
Retinol		17		0	NC	4	10	0	
Carotene, beta		1		0	BFFN	4	1	0	
Carotene, alpha		0		0	Z	7	0	0	
		0		0	Z	7	0	0	
Cryptoxanthin, beta		59		0	NC	4	34	2	
Vitamin A, IU		0		0		7	0	0	
Lycopene				-	z z		-	-	
Lutein + zeaxanthin		0		0		7	0	0	
Vitamin E (alpha-tocopherol)		0.00		0	BFFN	4	0.00	0.00	
Vitamin E, added		0.00		0	Z	7	0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta	mg								
Tocotrienol, gamma	_								
Tocotrienol, delta	mg								
Vitamin D (D2 + D3)		0.0		0	Z	7	0.0	0.0	
Vitamin D	<u>IU</u>	0		0	Z	7	0	0	
vitaiiiii D									
Vitamin K (phylloquinone)	µg	0.0		0	BFFN	4	0.0	0.0	

		Amou	nt in 100 gr			ole porti	<u>ion</u>		dible portion of	
				ber		_		<u> </u>	easures or roc	<u>,u</u>
Nutrients and Units	Me	an Sto	of I d. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g	0.342		0		1		0.195	0.010	
4:0		0.023		2		1		0.013	0.001	
6:0	g	0.008		2		1		0.005	0.000	
8:0	•	0.005	0.001	4		1		0.003	0.000	
10:0	•	0.010	0.002	4		1		0.006	0.000	
12:0	-	0.006	0.002	4		1		0.003	0.000	
13:0 14:0	-	0.046	0.005	4		1		0.026	0.001	
15:0	-	0.040	0.003	•		-		0.020	0.001	
16:0		0.150	0.013	4		1		0.086	0.004	
17:0	g									
18:0	g	0.060	0.004	4		1		0.034	0.002	
20:0	-									
22:0	•									
24:0Fatty acids, total monounsaturated	-	0.149		0		1		0.085	0.004	
14:1		0.149		U		-		0.065	0.004	
15:1	-									
16:1 undifferentiated	-	0.026	0.007	4		1		0.015	0.001	
17:1	g									
18:1 undifferentiated	-	0.114	0.009	4		1		0.065	0.003	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		0.021		0		1		0.012	0.001	
Fatty acids, total polyunsaturated		0.021	0.003	4		1		0.012	0.001	
18:3 undifferentiated		0.003	0.003	2		1		0.010	0.000	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	.g									
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)	-	0.000		0		1		0.000	0.000	
21:5	· ·									
22:4 22:5 n-3 (DPA)	-	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol		3		0		4		2	0	
Phytosterols	.mg									
Amino Acids:										
Tryptophan	a	0.241		0		1		0.137	0.007	
Threonine		0.590		0		1		0.336	0.017	
Isoleucine	g	0.581		0		1		0.331	0.017	
Leucine	.g	1.116		0		1		0.636	0.032	
Lysine		1.008		0		1		0.575	0.029	
Methionine		0.221		0		1		0.126	0.006	
Cystine		0.211		0		1 1		0.120	0.006	
Phenylalanine Tyrosine		0.386		0		1		0.220 0.171	0.011 0.009	
Valine	=	0.579		0		1		0.330	0.009	
Arginine	-	0.327		0		1		0.186	0.009	
Histidine	-	0.230		0		1		0.131	0.007	
Alanine	g	0.506		0		1		0.288	0.015	
Aspartic acid	g	1.149		0		1		0.655	0.033	
Glutamic acid		2.096		0		1		1.195	0.061	
Glycine		0.211		0		1		0.120	0.006	
Proline	=	0.699 0.541		0		1 1		0.398 0.308	0.020	
Serine	-	0.541		U		1		0.308	0.016	
	· J									
Others:	_			_		_				
Alcohol, ethyl	-	0.0		0	_	7		0.0	0.0	
Caffeine	ing	0		0	Z	7		0	0	

NDB No. 01113 Whey, acid, dried

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Nutrients and Units

of Data Deriv Source Confidence Std. Error Points Code Code Mean

Code Measure 1 Measure 2

Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 cupMeasure 2 = 2.9g: 1 tbsp

Fat 8.79 Carbohydrate 3.87 Calories Factors: Protein 4.27

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		Am	oun	t in 100 g			ole portic	<u>on</u>	Amount in edible portion of common			
				Nu	n be	r			<u>m</u>	easures of fo	<u>oa</u>	
				of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std.	Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatas												
Proximates: Water	a	93.4	2	0.098	10		1		229.81	919.25		
Energy	-	24			0	NC	4		59	235		
Energy		100			0		4		245	982		
Protein (N x 6.38)		0.7	6	0.028	21		1		1.87	7.48		
Total lipid (fat)	g	0.0	9	0.024	6		1		0.22	0.89		
Ash	_	0.6	1	0.038	9		1		1.50	6.00		
Carbohydrate, by difference	_	5.1	2		0	NC	4		12.60	50.38		
Fiber, total dietary		0.0			0		4		0.0	0.0		
Sugars, total		5.1	2		0	NR	4		12.60	50.38		
Starch												
Minerals:												
Calcium, Ca	mg	103		3.539	15		1		253	1011		
Iron, Fe	_	0.0	8		0		1		0.20	0.79		
Magnesium, Mg	_	10		0.452	15		1		24	96		
Phosphorus, P		78		3.746	14		1		191	764		
Potassium, K	mg	143		5.269	5		1		352	1408		
Sodium, Na	mg	48		3.250	5		1		118	473		
Zinc, Zn	mg	0.4	3		0		1		1.06	4.23		
Copper, Cu	mg	0.0	03		0		1		0.007	0.030		
Manganese, Mn	mg	0.0			0		1		0.005	0.020		
Selenium, Se	µg	1.8			0	BFNN	4		4.4	17.7		
Vitamins:												
Vitamin C, total ascorbic acid	mg	0.1			0		1		0.1	0.6		
Thiamin	mg	0.0	42		0		1		0.103	0.413		
Riboflavin	mg	0.1	40		0		1		0.344	1.378		
Niacin	mg	0.0			0		1		0.194	0.777		
Pantothenic acid	mg	0.3			0		1		0.937	3.749		
Vitamin B-6	mg	0.0	42		0		1		0.103	0.413		
Folate, total		2			0		1		5	22		
Folic acid		0			0	Z	7		0	0		
Folate, food		2			0		1		5	22		
Folate, DFE		2			0	NC	4		5	22		
Choline, total		16.0			0	BFZN	4		39.4	157.4		
Betaine			•				_					
Vitamin B-12		0.1	8	0.017		wa	1 4		0.44 5	1.76		
Vitamin A, RAE		2			0	NC	4		5	20 20		
Retinol		0			0	NC BFFN	4		1	20		
Carotene, beta		0			0	Z	7		0	0		
Carotene, alpha Cryptoxanthin, beta		0			0	Z	7		0	0		
Vitamin A, IU		7			0	NC	4		17	69		
Lycopene		0			0	Z	7		0	0		
Lutein + zeaxanthin		0			0	z	7		0	0		
Vitamin E (alpha-tocopherol)		0.0	0		0	BFFN	4		0.00	0.01		
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta												
Vitamin D (D2 + D3)	µg											
Vitamin D	<u>I</u> U											
Vitamin K (phylloquinone)	µg	0.0			0	BFFN	4		0.0	0.1		
Dihydrophylloquinone	µg											
Menaquinone-4	µg											

	<u>An</u>	noun	nt in 100	gram	s of edi	ible portio	<u>on</u>	Amount in e	dible portion o	of common
			N	um be					easures of foo	•
				• • • • • • • • • • • • • • • • • • • •		Source (Confidence			
Nutrients and Units	Mean	Std	. Error				Code	Measure 1	Measure 2	Measure 3
Hatrients and onits	Medii	Ota						measure i	measure 2	measure o
										_
Fatty acids, total saturated	g 0.0	57		0		1		0.140	0.561	
4:0		04		2		1		0.010	0.039	
6:0	g 0.0	01		2		1		0.002	0.010	
8:0	g 0.0	01	0.00	00 4		1		0.002	0.010	
10:0			0.00			1		0.005	0.020	
12:0		01	0.00	00 4		1		0.002	0.010	
13:0	•					_				
14:0	=	08	0.00)2 4		1		0.020	0.079	
15:0 16:0	=	25	0.00	7 4		1		0.062	0.246	
17:0	9	25	0.00	,, -		-		0.002	0.240	
18:0	•	10	0.00	3 4		1		0.025	0.098	
20:0	•									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	-	25		0		1		0.062	0.246	
14:1										
15:1	-					_				
16:1 undifferentiated	=	04	0.00)2 4		1		0.010	0.039	
17:1	-	10	0.00)5 4		1		0.047	0.187	
20:1	-		0.00	0	BFFN			0.000	0.000	
22:1 undifferentiated	•			0	BFFN			0.000	0.000	
24:1 c	9							0.000		
Fatty acids, total polyunsaturated	=	04		0		1		0.010	0.039	
18:2 undifferentiated		03	0.00	1 4		1		0.007	0.030	
18:3 undifferentiated	g 0.0	00		2		1		0.000	0.000	
18:4	g 0.0	00		0	BFFN	т 4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated				0		4		0.000	0.000	
20:5 n-3 (EPA)		00		0	BFFN	1 4		0.000	0.000	
21:5 22:4	-									
22:5 n-3 (DPA)	•	00		0	BFFN	г 4		0.000	0.000	
22:6 n-3 (DHA)	•			0	BFFN			0.000	0.000	
Fatty acids, total trans	9			_				0.000	0.000	
Cholesterol				0		4		1	5	
Phytosterols										
Amino Acids:										
Tryptophan	g 0.0	16		0		1		0.039	0.157	
Threonine	9			0		1		0.093	0.137	
Isoleucine				0		1		0.093	0.374	
Leucine	•			0		1		0.177	0.708	
Lysine	•			0		1		0.160	0.640	
Methionine	•			0		1		0.034	0.138	
Cystine	g 0.0	14		0		1		0.034	0.138	
Phenylalanine	g 0.0	25		0		1		0.062	0.246	
Tyrosine				0		1		0.047	0.187	
Valine				0		1		0.093	0.374	
Arginine				0		1		0.052	0.207	
Histidine	•			0		1		0.037	0.148	
Alanine	=			0		1		0.081	0.325	
Aspartic acid				0		1 1		0.182 0.335	0.728	
Glutamic acid				0		1		0.335	1.338 0.138	
Proline	=			0		1		0.034	0.138	
Serine	•			0		1		0.086	0.443	
Hydroxyproline	•			•		-		0.000	*****	
3 31	-									
Others:	a ^ ^			_	_	-		0.0	2 2	
Alcohol, ethyl	=			0	z z	7 7		0.0	0.0 0	
Caffeine Theobromine	•			0	z	7		0	0	
1 IICOUTOIIIIIC	9			U	4	,		v	U	

NDB No. 01112 Whey, acid, fluid

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units**

Code Measure 1

Measure 2

Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cupMeasure 2 = 984g: 1 quart

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amc	unt in 100	grains	oi eui	bie portio	<u>/11</u>	Amount in edible portion of common			
			N	umbe	r			<u>m</u>	easures of fo	od_	
					=	Source (Confidence				
Nutrients and Uni	ite	Mean S	Std. Error				Code	Measure 1	Measure 2	Measure	
Nati lents and on		Weari	Stu. 11 101 ·					Wicasure	Weasure 2	Wicasuic	
Proximates:											
Water	g	3.19	0.08	9 151		1		4.63	0.24		
Energy	kcal	353		0	NC	4		512	26		
Energy	kJ	1476		0		4		2140	111		
Protein (N x 6.38)	g	12.93	0.08	7 165		1		18.75	0.97		
Total lipid (fat)	g	1.07	0.03	3 148		1		1.55	0.08		
Ash	g	8.35	0.06	1 147		1		12.11	0.63		
Carbohydrate, by difference	g	74.46		0	NC	4		107.97	5.58		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		74.46		0	NR	4		107.97	5.58		
Starch											
Minerals:											
Calcium, Ca	_	796		7 66		1		1154	60		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.88		3 41		1		1.28	0.07		
Magnesium, Mg		176	5.17			1		255	13		
Phosphorus, P		932		2 65		1		1351	70		
Potassium, K	_	2080	50.04			1		3016	156		
Sodium, Na	_	1079		32 62		1		1565	81		
Zinc, Zn	_	1.97		6 43		1 1		2.86	0.15 0.005		
Copper, Cu		0.070		0		1		0.102			
Manganese, Mn Selenium, Se		0.009 27.2	,	0	BFNN	4		0.013 39.4	0.001 2.0		
Seienium, Se	µy	27.2		U	DIMM	4		39.4	2.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	1.5	0.33	5 41		1		2.2	0.1		
Thiamin	mg	0.519	0.01	4 44		1		0.753	0.039		
Riboflavin	mg	2.208	0.06	1 44		1		3.202	0.166		
Niacin	mg	1.258	0.05	1 43		1		1.824	0.094		
Pantothenic acid	mg	5.620)	0		1		8.149	0.422		
Vitamin B-6	mg	0.584	1 0.01	6 41		1		0.847	0.044		
Folate, total	µg	12	0.94	4 40		1		17	1		
Folic acid	µg	0		0	Z	7		0	0		
Folate, food	µg	12	0.94	4 40		1		17	1		
Folate, DFE	µg	12		0	NC	4		17	1		
Choline, total	_	225.0		0	BFSN	4		326.3	16.9		
Betaine	_										
Vitamin B-12		2.37	0.09			1		3.44	0.18		
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00		
Vitamin A, RAE		8		0	NC	4		12	1		
Retinol		8		0	NC	4		12	1		
Carotene, beta		2		0	BFFN	4		2	0		
Carotene, alpha		0		0	Z	7		0	0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		30		0	NC	4		43	2		
Lycopene		0		0	Z Z	7		0	0		
Lutein + zeaxanthin				-		7		0	0		
Vitamin E (alpha-tocopherol)		0.02		0	BFFN Z	4 7		0.03	0.00		
Vitamin E, added		0.00		U	Z	,		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocotrienol, alpha											
Tocotrienol, alpna											
Tocotrienol, gamma	_										
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	z	7		0.0	0.0		
Vitamin D		0.0		0	Z	7		0	0.0		
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.0		
Dihydrophylloquinone		V.1		ŭ	2111	-		V.1	0.0		
Menaquinone-4											

		Amo	unt in 100 g	ıram s		ble porti	<u>ion</u>		dible portion of easures of foo	
Nutrients and Units	Mea	n S		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	~	0.684		0		1		0.992	0.051	
4:0	•	0.059	0.006			1 1		0.086	0.004	
6:0 8:0	•	0.009 0.010	0.001			1		0.013 0.015	0.001 0.001	
10:0	-	0.018	0.001			1		0.026	0.001	
12:0	_	0.012	0.001	L 4		1		0.017	0.001	
13:0	-									
14:0	•	0.104	0.005	5 4		1		0.151	0.008	
15:0 16:0	_	0.326	0.016			1		0.473	0.024	
17:0	•	0.520	0.010	, -		_		0.473	0.024	
18:0		0.097	0.006	5 4		1		0.141	0.007	
20:0										
22:0	_									
Fatty acids, total monounsaturated		0.297		0		1		0.431	0.022	
14:1	•	0.237		U		_		0.431	0.022	
15:1	•									
16:1 undifferentiated	g	0.033	0.003	3 4		1		0.048	0.002	
17:1										
18:1 undifferentiated	.5	0.251	0.010			1		0.364	0.019	
20:1 22:1 undifferentiated	•	0.000		0		1 1		0.000	0.000 0.000	
24:1 c	-	0.000		U		_		0.000	0.000	
Fatty acids, total polyunsaturated		0.034		0		1		0.049	0.003	
18:2 undifferentiated		0.025	0.003	3 4		1		0.036	0.002	
18:3 undifferentiated	-	0.009	0.002			1		0.013	0.001	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)	_	0.000		0		1		0.000	0.000	
21:5	•									
22:4	•					_				
22:5 n-3 (DPA) 22:6 n-3 (DHA)	•	0.000		0		1 1		0.000	0.000	
Fatty acids, total trans		0.000		U				0.000	0.000	
Cholesterol		6		0		1		9	0	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.205		0		1		0.297	0.015	
Threonine	g	0.817		0		1		1.185	0.061	
Isoleucine	•	0.719		0		1		1.043	0.054	
Leucine	•	1.186		0		1		1.720	0.089	
Lysine Methionine	•	1.030 0.241		0		1 1		1.494 0.349	0.077 0.018	
Cystine	•	0.253		0		1		0.349	0.019	
Phenylalanine		0.407		0		1		0.590	0.031	
Tyrosine		0.363		0		1		0.526	0.027	
Valine	•	0.697		0		1		1.011	0.052	
Arginine	•	0.375		0		1		0.544	0.028	
HistidineAlanine	•	0.237 0.598		0		1 1		0.344 0.867	0.018 0.045	
Aspartic acid	0	1.269		0		1		1.840	0.045	
Glutamic acid	0	2.248		0		1		3.260	0.169	
Glycine		0.280		0		1		0.406	0.021	
Proline	•	0.786		0		1		1.140	0.059	
Serine	•	0.622		0		1		0.902	0.047	
Hydroxyproline	y									
Others:				_		_				
Alcohol, ethyl		0.0 0		0	z	7 7		0.0	0.0 0	
Caffeine	···y	U		U	4	,		U	J	

NDB No. 01115 Whey, sweet, dried

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup Measure 2 = 7.5g: 1 tbsp

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

0

Food Group: 01 Dairy and Egg Products

		AIII	ount in 10	o gi ali	is or eur	ble portion	<u>.</u>	Amount in edible portion of common			
				Num b	er			<u>m</u>	easures of fo	<u>od</u>	
				of Dat	a Deriv	Source Co	onfidence				
Nutrients and Uni	ite	Mean	Std. Error				Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Wean	3tu. 🗀 101					Wieasure i	Measure 2	Measure	
Provimatos.											
Proximates: Water	a	93.12	. 0.	028 3	2	1		229.08	916.30		
Energy	_	27		0	NC	4		66	263		
Energy		112		0		4		275	1099		
Protein (N x 6.38)		0.85		017 10		1		2.09	8.36		
Total lipid (fat)		0.36		013 3		1		0.89	3.54		
1 ' '	_					1					
Ash	_	0.53						1.30	5.22		
Carbohydrate, by difference		5.14	ŧ	0	NC	4		12.64	50.58		
Fiber, total dietary		0.0		0		4		0.0	0.0		
Sugars, total		5.14	Ŀ	0	NR	4		12.64	50.58		
Starch	g										
Minerals:											
Calcium, Ca	mg	47	1.	851 37	,	1		115	461		
Iron, Fe	mg	0.06	i	0		1		0.15	0.59		
Magnesium, Mg	mg	8	0.	286 7		1		20	81		
Phosphorus, P	<u>mg</u>	46	0.	845 37	,	1		112	449		
Potassium, K	mg	161	3.	987 11		1		396	1584		
Sodium, Na	mg	54	4.	221 9		1		132	526		
Zinc, Zn	mg	0.13	1	0		1		0.32	1.28		
Copper, Cu	mg	0.00	4	0		1		0.010	0.039		
Manganese, Mn	mg	0.00	1	0		1		0.002	0.010		
Selenium, Se	µg	1.9		0	BFNN	4		4.7	18.7		
itamins:											
Vitamin C, total ascorbic acid	mq	0.1		0		1		0.2	1.0		
Thiamin	_	0.03	6 0.	002 19)	1		0.089	0.354		
Riboflavin	_	0.15	8 0.	004 26	;	1		0.389	1.555		
Niacin	_	0.07		009 13		1		0.182	0.728		
Pantothenic acid	_	0.38		008 8		1		0.942	3.769		
Vitamin B-6	-	0.03		006 13	1	1		0.076	0.305		
Folate, total	_	1		0		1		2	8		
Folic acid		0		0	Z	7		0	0		
Folate, food		1		0		1		2	8		
Folate, DFE		1		0	NC	4		2	8		
Choline, total		16.0		0	BFZN			39.4	157.4		
Betaine	_	10.0		·	21 211	-		33.1	137.4		
Vitamin B-12	_	0.28		030 17	,	1		0.68	2.73		
Vitamin B-12, added		0.00		0	z	7		0.00	0.00		
Vitamin A, RAE		3		0	NC	4		8	30		
Retinol		3		0	NC	4		7	30		
		1		0	BFFN	-		2	9		
Carotene, beta		0		0		7		0			
Carotene, alpha				•	z				0		
Cryptoxanthin, beta		0		0	Z	7		0	0		
Vitamin A, IU		12		0	NC	4		28	114		
Lycopene		0		0	Z	7		0	0		
Lutein + zeaxanthin		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.00		0	BFFN			0.01	0.03		
Vitamin E, added		0.00	1	0	Z	7		0.00	0.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.1	0.3		
Dihydrophylloquinone	ua										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Measure 2 Mean Measure 1 Measure 3 Lipids: Fatty acids, total saturated......g 0.230 0 1 0.566 2.263 4:0......g 0.020 0.002 4 1 0.049 0.197 6:0.....g 0.003 0.000 0.007 0.030 0.000 0.030 0.003 4 1 0.007 8:0.....g 10:0.....g 0.006 0.001 4 1 0.015 0.059 0.004 0.000 4 1 0.010 0.039 12:0.....g 13:0.....g 0.035 0.002 4 1 0.086 0.344 14:0......g 0.110 0.006 4 1 0.271 16·0 a 1,082 17:0.....g 0.033 0.002 4 1 0.081 0.325 18:0.....g 20:0.....g 24:0.....g 0.100 0 1 0.246 0.984 Fatty acids, total monounsaturated......g 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.011 0.001 1 0.027 0.108 17:1.....g 0.084 0.004 18:1 undifferentiated......g 1 0.207 0.827 0.000 0.000 20:1.....g 0 BFFN 4 0.000 22:1 undifferentiated.....g 0.000 0 BFFN 4 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.011 0 1 0.027 0.108 0.008 0.001 4 0.020 0.079 18:2 undifferentiated....... 1 0.003 0.001 4 1 0.007 0.030 18:3 undifferentiated......g 18:4.....g 0.000 0 BFFN 4 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 4 0.000 0.000 0.000 BFFN 20:5 n-3 (EPA).....g 0 4 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 BFFN 4 0.000 0.000 0.000 22:6 n-3 (DHA)......g BFFN 0.000 0.000 Fatty acids, total trans......g Cholesterol....mg 1 20 Phytosterols.....mg Amino Acids: Tryptophan.....g 0.013 0 0.032 0.128 1 0.054 0.133 Threonine.....g 0 1 0.531 Isoleucine.....g 0.047 0 1 0.116 0.462 0.768 Leucine.....g 0.078 0 1 0.192 0 Lysine.....g 0.068 1 0.167 0.669 Methionine.....g 0.016 0 1 0.039 0.157 Cystine.....g 0.017 0 1 0.042 0.167 0.027 0 0.066 0.266 Phenylalanine.....g 1 0.024 0 1 0.059 0.236 Tyrosine.....g 0 1 0.113 0.453 Valine.....g 0.046 0.025 0 1 0.062 0.246 Arginine.....g Histidine.....g 0.016 0 1 0.039 0.157 0 1 0.096 Alanine.....g 0.039 0.384 Aspartic acid......g 0.083 0 1 0.204 0.817 1 0.364 1.456 0.148 0 Glutamic acid.....g 0.018 0 1 0.044 0.177 0.052 0 1 0.128 0.512 Proline.....g 0.041 1 0.101 0.403 Serine.....g 0 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 7 0 7. 0.0 0.0 Caffeine....mg z

NDB No. 01114 Whey, sweet, fluid

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

of Data Deriv Source Confidence

Std. Error Points Code Code **Nutrients and Units** Mean

Code

Measure 2

Measure 3

Measure 1

0

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 984g: 1 quart

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Amount I</u>	in 100 grams	oreall	ne portio	<u>'''</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of fo	<u>od</u>	
					Source (Confidence				
Nutrients and Un	vite	Mean Std. E	rror Points			Code	Measure 1	Measure 2	Measure	
Nutrients and on	iits	Weari Stu. E	3101 101113	oouc	Oouc	oouc	weasure i	WedSure 2	weasure.	
Proximates:										
Water	g	82.30	0		4		65.84			
Energy		100	0	NC	4		80			
Energy		418	0	NC	4		335			
Protein		0.90	0		4		0.72			
Total lipid (fat)		6.00	0		4		4.80			
Ash	-	0.20	0	NR	4		0.16			
Carbohydrate, by difference	_	10.60	0		4		8.48			
Fiber, total dietary		0.0	0		7		0.0			
Sugars, total		10.60	0	NR	4		8.48			
Starch		20000	· ·	-1-1	-		0.10			
Starcii	9									
Minerals:										
Calcium, Ca	<u>m</u> g	3	0		4		2			
Iron, Fe	mg	0.01	0		4		0.01			
Magnesium, Mg	mg	1	0		4		1			
Phosphorus, P	mg	30	0		4		24			
Potassium, K	mg	26	0		1		21			
Sodium, Na	<u>m</u> g	106	0		1		85			
Zinc, Zn	mg	0.01	0		4		0.01			
Copper, Cu	mg	0.022	0		1		0.018			
Manganese, Mn	mg									
Selenium, Se	µg	0.5	0	BFPN	4		0.4			
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		7		0.0			
Thiamin	_	0.000	0		7		0.000			
		0.000	0		7		0.000			
Riboflavin	-	0.000	0		7		0.000			
Niacin Pantothenic acid	-	0.000	U		,		0.000			
Vitamin B-6	_	0.000	0		7		0.000			
Folate, total	-	0.000	0		7		0.000			
Folic acid		0	0	z	7		0			
Folate, food		0	0	4	7		0			
Folate, DFE		0	0	NC	4		0			
Choline, total		0.0	0	BFNN	4		0.0			
Betaine	-	0.0	Ū	DIMM	-		0.0			
Vitamin B-12	-	0.00	0		7		0.00			
Vitamin B-12. added		0.00	0	z	7		0.00			
Vitamin B-12, addedVitamin A, RAE		0.00	0	NC	4		0.00			
		0	0	NR NR	4		0			
reunoi		0	0	Z	7		0			
Carotene, beta		0	0	Z	7		0			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	NC	4		0			
Vitamin A, IU		0	0	NC Z	4 7		0			
Lycopene		0	0	Z	7		0			
Lutein + zeaxanthin		0.05	0	NR	4		0.04			
Vitamin E (alpha-tocopherol)		0.05	0	NR Z	4 7		0.04			
Vitamin E, added		0.00	U	Z	,		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		0.0	0	z	7		0.0			
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D			0							
Vitamin K (phylloquinone)		0.0	0	Z	7		0.0			
Dihydrophylloquinone	µg									

	Amount in	100 grams of ed	dible portion	Amount in edible portion of common		
		Number		<u>m</u>	easures of foo	<u>od</u>
		of Data Deri	v Source Confidence			
Nutrients and Units	Mean Std. En	or Points Code	e Code Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>						
Fatty acids, total saturated	3.186	0	4	2.549		
4:0g	0.001	0	4	0.001		
6:0g	0.000	0	4	0.000		
8:0g	0.129	0	4	0.103		
10:0g	0.129	0	4	0.103		
12:0g	1.071	0	4	0.857		
13:0g						
14:0g	0.435	0	4	0.348		
15:0g						
16:0g	0.618	0	4	0.494		
17:0g						
18:0g	0.806	0	4	0.645		
20:0g						
22:0g						
24:0g	4 0					
Fatty acids, total monounsaturatedg	1.357	0	4	1.086		
14:1g						
15:1g						
16:1 undifferentiatedg	0.012	0	4	0.010		
17:1g	1 240	•				
18:1 undifferentiatedg	1.342	0	4	1.074		
20:1g	0.000	0	4	0.000		
22:1 undifferentiatedg	0.000	0	4	0.000		
24:1 cg	1 150	•				
Fatty acids, total polyunsaturatedg	1.158	0	4	0.926		
18:2 undifferentiatedg	1.077	0	4	0.862		
18:3 undifferentiatedg	0.078	0	4	0.062		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg	0.000	0	4	0.000		
20:4 undifferentiatedg	0.000	0	4 4	0.000		
20:5 n-3 (EPA)g	0.000	U	4	0.000		
21:5g						
22:4g	0.000	•	4	0 000		
22:5 n-3 (DPA)g	0.000 0.000	0 0	4 4	0.000		
22:6 n-3 (DHA)	0.000	U	4	0.000		
Fatty acids, total trans	0	0	7	0		
	U	U	1	U		
Phytosterolsmg						
Others:						
Alcohol, ethyl	0.0	0	7	0.0		
Caffeinemg	0	0 z	7	0		
Theobrominemg	0	0 Z	7	0		

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		AIIIOU	nt in 100 gram	s or ear	ble portic	<u> </u>	Amount in edible portion of common			
			Num be	r			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Ur	nite	Mean Sto	d. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Nutrients and or		Wear or	а. <u>Бтог</u> т т				Wedsure 1	Wicasure 2	Wicasure	
Proximates:										
Water	g	59.70	0		4		44.78			
Energy	kcal	224	0	NC	4		168			
Energy		938	0	NC	4		704			
Protein	g	3.00	0		1		2.25			
Total lipid (fat)		13.10	0		1		9.83			
Ash	_	0.60	0	NR	4		0.45			
Carbohydrate, by difference	-	23.60	0	NC	4		17.70			
Fiber, total dietary		0.0	0		7		0.0			
Sugars, total		23.60	0	NR	4		17.70			
Starch										
Minerals:										
Calcium, Ca	<u>m</u> g	71	0		1		53			
Iron, Fe	-	0.10	0		1		0.08			
Magnesium, Mg		7	0		1		5			
Phosphorus, P		74	0		1		56			
Potassium, K	-	101	0		1		76			
Sodium, Na	-	72	0		1		54			
Zinc, Zn	_	0.10	0		4		0.08			
Copper, Cu		0.010	0		1		0.008			
Manganese, Mn	_		_							
Selenium, Se	µg	2.4	0	BFNN	4		1.8			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0		7		0.0			
Thiamin	-	0.020	0		1		0.015			
Riboflavin		0.090	0		1		0.068			
Niacin	_	0.100	0		1		0.075			
Pantothenic acid	mg									
Vitamin B-6	-	0.020	0		1		0.015			
Folate, total	µg	3	0		1		2			
Folic acid		0	0	Z	7		0			
Folate, food	µg	3	0		1		2			
Folate, DFE		3	0	NC	4		2			
Choline, total		0.0	0	BFSN	4		0.0			
Betaine	mg									
Vitamin B-12	-	0.20	0		1		0.15			
Vitamin B-12, added	µg	0.00	0	Z	7		0.00			
Vitamin A, RAE	µg	4	0	NC	4		3			
Retinol	µg	0	0	BFFN	4		0			
Carotene, beta	µg	45	0	BFFN	4		33			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU		74	0	NC	4		56			
Lycopene		0	0	Z	7		0			
Lutein + zeaxanthin		0	0	z	7		0			
Vitamin E (alpha-tocopherol)		0.50	0	BFFN	4		0.37			
Vitamin E, added		0.00	0	z	7		0.00			
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	mg									
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D	IU	0	0	Z	7		0			
Vitamin K (phylloquinone)	µg	3.2	0	BFFN	4		2.4			
Dihydrophylloquinone										
Menaquinone-4										

	<u>Amount i</u>	n 100 grams of ed		Amount in edible portion of common measures of food		
		Number			casares or ro	<u> </u>
Nutrients and Units	Mean Std. E	of Data Deri Pror Points Code	v Source Confidenc e Code Code	e Measure 1	Measure 2	Measure 3
Lipids:	11 052	•		0.455		
Fatty acids, total saturated	11.273	0	1	8.455		
4:0g	0.000 0.000	0 0	4 4	0.000		
6:0g		0	4	0.000		
8:0g	0.331 0.466	0	4	0.248		
10:0g	4.575	0	4	0.350 3.431		
12:0g	4.575	U	4	3.431		
13:0g 14:0g	1.946	0	4	1.460		
14:0g 15:0g	1.940	U	*	1.460		
15:0g 16:0g	1.599	0	4	1.199		
17:0g	1.333	U	7	1.133		
17:0g 18:0g	2.371	0	4	1.778		
20:0	2.371	U	7	1.778		
20:0g 22:0g						
24:0						
Fatty acids, total monounsaturatedg	0.838	0	1	0.629		
14:1g	0.030	· ·	-	0.023		
15:1g						
16:1 undifferentiated	0.124	0	4	0.093		
17:1g	***===	-	_			
18:1 undifferentiatedg	0.714	0	4	0.536		
20:1g	0.000	0	4	0.000		
22:1 undifferentiated	0.000	0	4	0.000		
24:1 cg						
Fatty acids, total polyunsaturatedg	0.269	0	1	0.202		
18:2 undifferentiated	0.155	0	4	0.116		
18:3 undifferentiated	0.114	0	4	0.086		
18:4g	0.000	0	4	0.000		
20:2 n-6 c,cg						
20:3 undifferentiatedg						
20:4 undifferentiatedg	0.000	0	4	0.000		
20:5 n-3 (EPA)g	0.000	0	4	0.000		
21:5g						
22:4g						
22:5 n-3 (DPA)g	0.000	0	4	0.000		
22:6 n-3 (DHA)g	0.000	0	4	0.000		
Fatty acids, total transg						
Cholesterolmg	2	0	1	2		
Phytosterolsmg						
Others:						
Alcohol, ethylg	0.0	0	7	0.0		
Caffeinemg	0	0 Z	7	0		
Theobrominemg	0	0 z	7	0		

Common Measures:

Measure 1 = 75g: 1 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am our</u>	nt in 100 gr			ble porti	<u>on</u>		edible portion easures of fo	
			Num of I			Source	Confidence	<u> </u>	easures or ro	<u>5u</u>
Nutrients and Un	its	Mean Sto	l. Error Po				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.81	0.044	9	A	1				
Energy		106		0	NC	4				
Energy		441		0	NC	4				
Protein	-	7.33		0		8				
Total lipid (fat)	-	3.00		0		8				
Ash	_	0.56	0.021	9	A	1				
Carbohydrate, by difference		12.29		0	NC	4				
Fiber, total dietary		0.0		0		8				
Sugars, total		12.00		0		8				
Starch	g									
Minerals:										
Calcium, Ca	mg	100		0		8				
Iron, Fe	-	0.00		0		8				
Magnesium, Mg	mg	10	0.085	9	A	1				
Phosphorus, P	mg	109	0.818	9	A	1				
Potassium, K		113		0		8				
Sodium, Na		37		0		8				
Zinc, Zn	-	0.41	0.007	9	A	1				
Copper, Cu		0.019	0.001	9	A	1				
Manganese, Mn		0.036 9.6	0.001 0.390	9 5	A A	1 1				
Selenium, Se	μ	9.0	0.390	5	A	-				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0		8				
Thiamin	-	0.046		0	BFZN	4				
Riboflavin	-	0.235	0.028	5	A	1				
Niacin	_	0.205	0.003	5	A	1				
Pantothenic acid		0.394 0.049	0.008 0.001	4 5	A A	1 1				
Vitamin B-6	-	5	0.001	0	BFZN	4				
Folate, total		0		0	Z Z	7				
Folate, food		5		0	BFZN	4				
Folate, DFE		5		0	NC	4				
Choline, total		14.3		0	BFZN	4				
Betaine	_									
Vitamin B-12	_	0.50	0.056	4	A	1				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	µg	46		0	NC	4				
Retinol	µg	45		0	BFZN	4				
Carotene, beta	µg	7		2	A	1				
Carotene, alpha		0		2	A	1				
Cryptoxanthin, beta		0		2	A	1				
Vitamin A, IU		162		0	NC	4				
Lycopene		0		2	A	1				
Lutein + zeaxanthin		7 0.07		2	A BFZN	1 4				
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	Z Z	7				
Tocopherol, beta		0.00		U	4	,				
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		2	AS	1				
Vitamin D		0		2	A	1				
Vitamin K (phylloquinone)		0.3		0	BFZN	4				
Dihydrophylloquinone	110									

Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Nutrients and Units	Mean Std. Erro			Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	1.599	0 2	NC A	4 1				
4:0g 6:0g	0.060 0.046	2	A	1				
8:0g	0.040	2	A	1				
10:0g	0.084	2	A	1				
12:0g	0.081	2	A	1				
13:0g								
14:0g	0.254	2	A	1				
15:0g	0.027	2	A	1				
16:0g	0.746	2	A	1				
17:0g	0.017	2	A	1				
18:0g	0.250	2	A	1				
20:0g	0.003	2	A	1				
22:0g	0.000	2 2	A	1 1				
24:0g Fatty acids, total monounsaturatedg	0.000 1.265	0	A NC	4				
14:1g	0.025	2	A	1				
15:1g	0.000	2	A	1				
16:1 undifferentiatedg	0.042	0	AS	1				
16:1 cg	0.034	2	A	1				
16:1 tg	0.008	2	A	1				
17:1g	0.005	2	A	1				
18:1 undifferentiated	0.573	0	AS	1				
18:1 cg	0.522	2	A	1				
18:1 tg	0.052	2	A	1				
18:1-11 t (18:1t n-7)g								
20:1g	0.005	2	A	1				
22:1 undifferentiated	0.000	0	AS	1				
22:1 cg	0.000	2	A	1				
22:1 tg	0.000	2	A	1				
24:1 c	0.000	2	A	1				
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.219 0.092	0	NC AS	4 1				
18:2 n-6 c,cg	0.052	2	A	1				
18:2 CLAs	0.011	2	A	1				
18:2 t.tg	0.011	_		_				
18:2 ig								
18:2 t not further definedg	0.014	2	A	1				
18:3 undifferentiatedg	0.011	0	AS	1				
18:3 n-3 c,c,c (ALA)g	0.011	2	A	1				
18:3 n-6 c,c,cg	0.000	2	A	1				
18:3ig	0.000	2	A	1				
18:4g	0.000	2	A	1				
20:2 n-6 c,cg	0.000	2	A	1				
20:3 undifferentiatedg	0.003	0	AS	1				
20:3 n-3g	0.000	2	A	1				
20:3 n-6g 20:4 undifferentiated	0.003	2 2	A A	1 1				
	0.004	2	А	_				
20:4 n-6g 20:5 n-3 (EPA)g	0.000	2	A	1				
21:5g	0.000			_				
22:4g	0.000	2	A	1				
22:5 n-3 (DPA)g	0.002	2	A	1				
22:6 n-3 (DHA)g	0.000	2	A	1				
Fatty acids, total transg	0.000	0		8				
Fatty acids, total trans-monoenoicg	0.059	0	NC	4				
Fatty acids, total trans-polyenoicg	0.014	0	NC	4				
Cholesterolmg	10	0		8				
Phytosterolsmg								
Others:	•	_	_	_				
Alcohol, ethyl	0.0	0	Z	7				
Caffeinemg	0	0	Z	7				

NDB No. 01294

Yogurt, Greek, fruit, whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common

Number

of Data Deriv Source Confidence

measures of food

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1

Measure 2

Measure 3

0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Carbohydrate Fat

Food Group: 01 Dairy and Egg Products

Refuse:0%

Lipids:

		Amount in 100 grams of edible portion							Amount in edible portion of common			
		Number						measures of food				
						Source Co	nfidence					
Nutrients and Un	its	Mean S	Std. Error Po				Code	Measure 1	Measure 2	Measure 3		
Proximates: Water	ď	79.62	0.384	6	A	1		119.42				
Energy	_	80	0.001	0	NC	4		120				
Energy		334		0	NC	4		501				
Protein		8.03	0.101		A	1		12.05				
Total lipid (fat)	-	0.12	0.024		A	1		0.19				
Ash		0.60	0.024		A	1		0.90				
Carbohydrate, by difference	-	11.62	0.020	0	NC	4		17.43				
		0.7		1	A	1		1.0				
Fiber, total dietary		10.86	0.210		A	1		16.29				
Sugars, total		6.29	0.210			1		9.44				
Sucrose					A	1						
Glucose (dextrose)		0.77	0.060		A			1.15				
Fructose		0.74	0.009		A	1		1.11				
Lactose		2.50	0.047		A	1		3.75				
Maltose	g	0.00	0.000	3	A	1		0.00				
Galactose		0.55	0.015		A	1		0.83				
Starch	g	0.00		1	A	1		0.00				
Minerals:												
Calcium, Ca	<u>m</u> g	99	0.856	6	A	1		149				
Iron, Fe	mg	0.12	0.020	6	A	1		0.17				
Magnesium, Mg	mg	10	0.126	6	A	1		15				
Phosphorus, P	mg	112	1.147	6	A	1		167				
Potassium, K	mg	124	0.872	6	A	1		186				
Sodium, Na	<u>mg</u>	33	0.965	6	A	1		49				
Zinc, Zn	mg	0.44	0.003	6	A	1		0.65				
Copper, Cu	mg	0.019	0.000	6	A	1		0.028				
Manganese, Mn	mg	0.033			A	1		0.050				
Selenium, Se	µg	9.5	0.058	3	A	1		14.2				
Vitamins:												
Vitamin C, total ascorbic acid	mq	0.3		1	A	1		0.4				
Thiamin	_	0.031		0	BFSN	4		0.047				
Riboflavin	_	0.280	0.032	3	A	1		0.420				
Niacin	_	0.213	0.007	3	A	1		0.320				
Pantothenic acid	_	0.335		2	A	1		0.502				
Vitamin B-6	•	0.050			A	1		0.075				
Folate, total	_											
Folate, DFE												
Choline, total												
Betaine												
Vitamin B-12	• • • • • • • • • • • • • • • • • • • •	0.45		2	A	1		0.67				
Vitamin A, RAE												
Vitamin A, IU												
Lycopene												
Lutein + zeaxanthin												
Vitamin E (alpha-tocopherol)												
Tocopherol, beta												
Tocopherol, gamma												
Tocopherol, delta	mg											
Tocotrienol, alpha												
Tocotrienol, beta	mg											
Tocotrienol, gamma	mg											
Tocotrienol, delta												
Vitamin D (D2 + D3)												
Vitamin D												
Vitamin K (phylloquinone)	µg											
Dihydrophylloquinone	µg											
Menaquinone-4	µg											

	Amount in 100 grams of edible portion							Amount in edible portion of common			
	Number						measures of food				
Nutrients and Units	Mean	Std. Erro				Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total saturated			0	NC	4		0.154				
4:0			1	A A	1 1		0.011 0.002				
6:0 8:0			1	A	1		0.002				
10:0	•		1	A	1		0.005				
12:0	=		1	A	1		0.009				
13:0	=										
14:0		10	1	A	1		0.015				
15:0	0.0	002	1	A	1		0.003				
16:0	0.0	38	1	A	1		0.057				
17:0	0.0	002	1	A	1		0.003				
18:0	=		1	A	1		0.026				
20:0			1	A	1		0.000				
22:0			1	A	1		0.000				
24:0			1	Α	1		0.000				
Fatty acids, total monounsaturated	=		0 1	NC	4		0.036				
14:1			1	A A	1 1		0.000				
16:1 undifferentiated			0	AS	1		0.000 0.002				
16:1 c			1	A	1		0.002				
16:1 t			1	A	1		0.002				
17:1			1	A	1		0.000				
18:1 undifferentiated	•		0	AS	1		0.035				
18:1 c		23	1	A	1		0.035				
18:1 t	0.0	000	1	A	1		0.000				
18:1-11 t (18:1t n-7))										
20:1	0.0	000	1	A	1		0.000				
22:1 undifferentiated			0	AS	1		0.000				
22:1 c			1	A	1		0.000				
22:1 t			1	A	1		0.000				
24:1 c			1	A	1		0.000				
Fatty acids, total polyunsaturated			0	NC AS	4 1		0.015				
18:2 undifferentiated			1	AS A	1		0.012				
18:2 n-o c,c	=		1	A	1		0.012 0.000				
18:2 t.t		,,,,	_		-		0.000				
18:2 i											
18:2 t not further defined		000	1	A	1		0.000				
18:3 undifferentiated		002	0	AS	1		0.003				
18:3 n-3 c,c,c (ALA)	0.0	002	1	A	1		0.003				
18:3 n-6 c,c,c	0.0	000	1	A	1		0.000				
18:3i	0.0	000	1	A	1		0.000				
18:4			1	A	1		0.000				
20:2 n-6 c,c	=		1	A	1		0.000				
20:3 undifferentiated	=		0	AS	1		0.000				
20:3 n-3	=		1	A	1		0.000				
20:3 n-6			1 1	A A	1 1		0.000				
20:4 undifferentiated	=	100		А	1		0.000				
20:4 n-6	=	000	1	A	1		0.000				
21:5		- •	-		-		0.000				
22:4	=	000	1	A	1		0.000				
22:5 n-3 (DPA)			1	A	1		0.000				
22:6 n-3 (DHA)			1	A	1		0.000				
Fatty acids, total trans		000	0	NC	4		0.000				
Fatty acids, total trans-monoenoic		000	0	NC	4		0.000				
Fatty acids, total trans-polyenoic	0.0	000	0	NC	4		0.000				
Cholesterol											
Phytosterols	ng										

NDB No. 01281 Yogurt, Greek, nonfat, strawberry, CHOBANI

Common Measures: Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

 Carotene, alpha
 µg

 Cryptoxanthin, beta
 µg

 Vitamin A, IU
 IJV

 Lycopene
 µg

 Lutein + zeaxanthin
 µg

 Vitamin E (alpha-tocopherol)
 mg

 Tocopherol, beta
 mg

 Tocopherol, gamma
 mg

 Tocotrienol, alpha
 mg

 Tocotrienol, beta
 mg

 Tocotrienol, gamma
 mg

 Tocotrienol, delta
 mg

 Vitamin D (D2 + D3)
 µg

1.0

		Amount in 100 grams of edible portion Number of Data Deriv Source Confidence					Amount in edible portion of common measures of food			
Nutrients and Units		Mean Std.	Error Po				Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	78.63	0.061	6	A	1		117.95		
Energy		84		0	NC	4		126		
Energy		352		0	NC	4		528		
Protein	_	8.03	0.067	6	A	1		12.05		
Total lipid (fat)		0.22	0.017	6	A	1		0.33		
Ash	g	0.59	0.013	6	A	1		0.88		
Carbohydrate, by difference		12.53		0	NC	4		18.80		
Fiber, total dietary	g	0.4		1	A	1		0.7		
Sugars, total	g	11.63	0.097	3	A	1		17.44		
Sucrose	g	3.96	0.073	3	A	1		5.93		
Glucose (dextrose)		0.25	0.062	3	A	1		0.37		
Fructose		4.44	0.037	3	A	1		6.66		
Lactose		2.42	0.022	3	A	1		3.63		
Maltose		0.00	0.000	3	A	1		0.00		
Galactose		0.56	0.007	3	A	1		0.84		
Starch		0.00		1	A	1		0.00		
Surcin										
<u>Minerals:</u>										
Calcium, Ca	mg	94	0.933	6	A	1		141		
Iron, Fe		0.06	0.004	6	A	1		0.09		
Magnesium, Mg	mg	11	0.173	6	A	1		16		
Phosphorus, P	-	114	1.249	6	A	1		171		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	145	1.789	6	A	1		218		
Sodium, Na		33	0.570	6	A	1		50		
Zinc, Zn		0.45	0.008	6	A	1		0.67		
Copper, Cu	-	0.017	0.001	6	A	1		0.026		
Manganese, Mn		0.029	0.000	6	A	1		0.043		
Selenium, Se	µg	8.9	0.058	3	A	1		13.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1	A	1		0.3		
Thiamin		0.033		0	BFSN	4		0.049		
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.217	0.029	3	A	1		0.325		
Niacin	-	0.220	0.006	3	A	1		0.330		
Pantothenic acid		0.385		2	A	1		0.577		
Vitamin B-6	•	0.051	0.002	3	A	1		0.076		
Folate, total	-	20		1	A	1		31		
Folic acid						•		- -		
Folate, food		20		1	A	1		31		
Folate, DFE		-								
Choline, total										
Betaine										
Vitamin B-12	-	0.59		2	A	1		0.89		
Vitamin A. RAE						•				
Retinol										
Carotene, beta										

AS

1

1.5

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 Vitamin D.....IU 40 59 1 Vitamin K (phylloquinone).....µg Dihydrophylloquinone......µg Menaquinone-4.....µg 0.110 0 NC 4 0.165 Fatty acids, total saturated......g 0.007 0.011 4:0.....g Α 1 6:0.....g 0.002 1 А 1 0.003 0.003 1 A 1 8:0.....g 0.005 0.018 10:0.....g 1 Α 1 0.027 12:0.....g 0.007 1 1 0.011 13:0.....g 0.011 1 А 1 0.016 0.003 1 Α 1 0.005 15:0.....g 0.039 1 A 1 0.059 16:0.....g 0.002 1 А 1 0.003 17:0.....g 0.018 1 А 1 0.027 0.000 1 0.000 20:0.....g Α 1 22:0.....g 0.000 1 1 0.000 0.000 1 Α 1 0.000 24·0 a Fatty acids, total monounsaturated.....g 0.024 0 NC 4 0.036 0.000 0.000 1 1 14:1.....g Α 0.000 1 Α 1 0.000 15:1.....g 0.001 0 AS 1 16:1 undifferentiated......g 0.002 16:1 c.....g 0.001 1 A 1 0.002 0.000 1 А 1 0.000 16:1 t.....g 0.000 1 Α 1 0.000 18:1 undifferentiated......g 0.022 0 AS 1 0.033 0.022 1 Α 1 0.033 18:1 c.....g 0.000 Α 1 0.000 18:1 t......g 18:1-11 t (18:1t n-7).....g 0.001 1 Α 1 0.002 20:1......g 22:1 undifferentiated......g 0.000 0 AS 1 0.000 0.000 A 0.000 22:1 c......g 0.000 1 1 Α 0.000 24:1 c.....g 0.000 1 Α 1 0.000 0.008 NC Fatty acids, total polyunsaturated......g 0 4 0.012 0.007 0 1 18:2 undifferentiated......g AS 0.011 18:2 n-6 c,c.....g 0.007 1 Α 1 0.011 0.000 1 18:2 CLAs......g 0.000 18:2 t,t.....g 18:2 i.....g 0.000 0.000 1 18:2 t not further defined......g Α 1 18:3 undifferentiated......g 0.001 0 AS 1 0.002 0.001 18:3 n-3 c,c,c (ALA).....g 0.002 1 Α 1 0.000 1 A 1 0.000 18:3 n-6 c,c,c......g 0.000 1 1 А 18:3i.....g 0.000 0.000 1 Α 1 0.000 18:4.....g 0.000 1 1 0.000 20:2 n-6 c,c.....g Α 20:3 undifferentiated......g 0.000 0 AS 1 0.000 0.000 1 Α 1 20:3 n-3.....g 0.000 0.000 1 A 1 0.000 20:4 undifferentiated......g 0.000 1 1 0.000 Α 20:4 n-6.....g 20:5 n-3 (EPA)......g 0.000 1 A 1 0.000 21:5.....g 0.000 Α 1 0.000 22:5 n-3 (DPA)......g 0.000 1 Α 1 0.000 0.000 1 1 22:6 n-3 (DHA)......g А 0.000 0.000 0 NC 4 0.000 Fatty acids, total trans-monoenoic......g 0.000 NC 0.000 NC Fatty acids, total trans-polyenoic.......g 0.000 0 4 0.000 Cholesterol....mg

NDB No. 01280

Yogurt, Greek, nonfat, strawberry, DANNON OIKOS

Amount in 100 grams of edible portion

Number

Amount in edible portion of common

measures of food

Mean

of Data Deriv Source Confidence

Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

Nutrients and Units

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Chobani

Refuse:0%

		<u>Am</u>	ount in 100 gı	rams	of edil	ble portio	<u>n</u>	Amount in edible portion of common			
			Nur	nber					easures of fo		
					Doriv	Source (Confidence				
No. to in order on all libraries	:4-	M	Std. Error Po			Code	Code	Manage 4	M 0	M	
Nutrients and Un	its	Mean	Sta. Error	mits	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	82.03	0.260	6	A	1		123.05			
Energy	kcal	71		0	NC	4		106			
Energy		295		0	NC	4		443			
Protein		9.07	0.100	6	A	1		13.60			
Total lipid (fat)	g	0.22	0.031	6	A	1		0.33			
Ash	g	0.59	0.014	6	A	1		0.89			
Carbohydrate, by difference	g	8.09		0	NC	4		12.13			
Fiber, total dietary		0.3		1	A	1		0.5			
Sugars, total		7.61	0.397	3	A	1		11.41			
Sucrose		3.44		3	A	1		5.15			
		0.30		3	A	1		0.45			
Glucose (dextrose)		0.47		3	A	1		0.70			
Fructose		2.72		3	A	1		4.08			
Lactose		0.00		3	A	1		0.00			
Maltose		0.68		3	A	1		1.01			
Galactose		0.00		1	A	1		0.00			
Starch	g	0.00		_	A	1		0.00			
Minerals:											
Calcium, Ca	mq	106	1.145	6	A	1		159			
Iron, Fe	_	0.05	0.004	6	A	1		0.07			
Magnesium, Mg	_	11	0.095	6	A	1		16			
Phosphorus, P	_	126	0.843	6	A	1		189			
Potassium, K		130	2.892	6	A	1		195			
Sodium, Na	<u>mg</u>	36	1.341	6	A	1		54			
Zinc, Zn	mg	0.49	0.008	6	A	1		0.73			
Copper, Cu	mg	0.01	9 0.001	6	A	1		0.029			
Manganese, Mn	mg	0.00	0.000	6	A	1		0.012			
Selenium, Se	µg	10.6	0.153	3	A	1		15.9			
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin	_	0.02	8	0	BFSN	4		0.041			
Riboflavin	_	0.23			A	1		0.350			
Niacin	_	0.21			A	1		0.325			
Pantothenic acid		0.39		2	A	1		0.585			
Vitamin B-6		0.05			A	1		0.079			
Folate, total	_	0.03	3 0.003	3	-	-		0.075			
Folate, DFE											
Choline, total											
Betaine											
Vitamin B-12	•	0.70		2	A	1		1.05			
Vitamin A, RAE				_		_					
Vitamin A, IU											
Lycopene											
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)											
Vitamin D											
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4											

	Am ount in	n 100 grams Numbe		ble portion		Amount in edible portion of common measures of food			
Nutrients and Units	Mean Std. Er	of Data ror Points		Source Co Code	nfidence Code	Measure 1	Measure 2	Measure 3	
T inide.									
Lipids: Fatty acids, total saturated	0.178	0	NC	4		0.267			
4:0	0.009	1	A	1		0.013			
6:0g	0.003	1	A	1		0.005			
8:0g	0.004	1	A	1		0.006			
10:0g	0.022	1	A	1		0.033			
12:0g	0.012	1	A	1		0.018			
13:0g		_	_	_					
14:0	0.023	1	A	1		0.035			
15:0g	0.004 0.074	1	A A	1 1		0.006 0.111			
16:0g 17:0g	0.074	1	A	1		0.003			
18:0	0.025	1	A	1		0.038			
20:0g	0.000	1	A	1		0.000			
22:0g	0.000	1	A	1		0.000			
24:0g	0.000	1	A	1		0.000			
Fatty acids, total monounsaturatedg	0.060	0	NC	4		0.090			
14:1g	0.002	1	A	1		0.003			
15:1g	0.000	1	A	1		0.000			
16:1 undifferentiated	0.003	0 1	AS A	1 1		0.005			
16:1 cg 16:1 tg	0.003 0.000	1	A	1		0.005 0.000			
17:1g	0.000	1	A	1		0.000			
18:1 undifferentiated	0.054	0	AS	1		0.081			
18:1 cg	0.047	1	A	1		0.070			
18:1 tg	0.007	1	A	1		0.011			
18:1-11 t (18:1t n-7)g									
20:1g	0.001	1	A	1		0.002			
22:1 undifferentiatedg	0.000	0	AS	1		0.000			
22:1 cg	0.000	1	A	1		0.000			
22:1 tg	0.000 0.000	1 1	A A	1 1		0.000			
24:1 cg Fatty acids, total polyunsaturatedg	0.011	0	NC	4		0.000			
18:2 undifferentiated	0.010	0	AS	1		0.015			
18:2 n-6 c.cg	0.010	1	A	1		0.015			
18:2 CLAs	0.000	1	A	1		0.000			
18:2 t,tg									
18:2 ig									
18:2 t not further definedg	0.000	1	A	1		0.000			
18:3 undifferentiated	0.001	0 1	AS	1		0.002			
18:3 n-3 c,c,c (ALA)	0.001 0.000	1	A A	1		0.002			
18:3 n-6 c,c,c	0.000	1	A	1		0.000			
18:4g	0.000	1	A	1		0.000			
20:2 n-6 c,cg	0.000	1	A	1		0.000			
20:3 undifferentiatedg	0.000	0	AS	1		0.000			
20:3 n-3g	0.000	1	A	1		0.000			
20:3 n-6g	0.000	1	A	1		0.000			
20:4 undifferentiatedg	0.000	1	A	1		0.000			
20:4 n-6g		_		_					
20:5 n-3 (EPA)	0.000	1	A	1		0.000			
21:5g 22:4g	0.000	1	A	1		0.000			
22:4	0.000	1	A	1		0.000			
22:6 n-3 (DHA)	0.000	1	A	1		0.000			
Fatty acids, total trans	0.007	0	NC	4		0.011			
Fatty acids, total trans-monoenoic9	0.007	0	NC	4		0.011			
Fatty acids, total trans-polyenoicg	0.000	0	NC	4		0.000			
Cholesterolmg									
Phytosterolsmg	9								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 01275

Yogurt, Greek, nonfat, vanilla, CHOBANI

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units

Std. Error Points Code Code Code Mean

Measure 1 Measure 2 Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 5.3 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 01 Dairy and Egg Products

Lipids:

Refuse:0%

		<u>Am</u>	ount in 1			edil	ole portio	<u>on</u>		dible portion	
				Num					<u>m</u>	easures of fo	<u>ou</u>
				of D	ata De	riv	Source (Confidence			
Nutrients and Un	its	Mean	Std. Erro	_r Poir	nts Co	ode	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	78.50	0 0	.157	6	A	1		117.75		
Energy	-	85			0	NC	4		127		
Energy		354			0	NC	4		531		
Protein		8.12	2 0	.036	6	A	1		12.18		
Total lipid (fat)	_	0.14	1 0	.027	6	A	1		0.21		
Ash	_	0.52	2 0	.019	6	A	1		0.78		
Carbohydrate, by difference		12.72	2		0	NC	4		19.08		
Fiber, total dietary		0.5			1	A	1		0.7		
Sugars, total		11.40	0	.143	3	A	1		17.10		
Sucrose		3.78			3	A	1		5.67		
Glucose (dextrose)		0.27			3	A	1		0.40		
		4.34			3	A	1		6.51		
Fructose		2.47			3	A	1		3.71		
Lactose		0.00			3	A	1		0.00		
Maltose	9	0.54			3	A	1		0.80		
Galactose		0.00			1	A	1		0.00		
Starch	9	0.00	,		_	Α	_		0.00		
Minerals:					_		_				
Calcium, Ca	-	89			6	A	1		134		
Iron, Fe		0.04			6	A	1		0.06		
Magnesium, Mg		10			6	A	1		14		
Phosphorus, P		112			6	A	1 1		167		
Potassium, K	-	115 32			6	A A	1		172 48		
Sodium, Na	-	0.40			6 6	A	1		0.60		
Zinc, Zn Copper, Cu	-	0.40			6	A	1		0.025		
Manganese, Mn		0.00			6	A	1		0.023		
Selenium, Se		8.2			3	A	1		12.3		
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	-	0.03	33		0 в	FSN	4		0.049		
Riboflavin	-	0.26	50 0	.032	3	A	1		0.390		
Niacin	-	0.18	37 0	.007	3	A	1		0.280		
Pantothenic acid		0.37	75		2	A	1		0.562		
Vitamin B-6	mg	0.04	17 0	.001	3	A	1		0.070		
Folate, total	µg										
Folate, DFE	µg										
Choline, total	mg										
Betaine	mg										
Vitamin B-12	µg	0.66	5		2	A	1		0.99		
Vitamin A, RAE	µg										
Vitamin A, IU											
Lycopene	µg										
Lutein + zeaxanthin											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta					•		-		4 -		
Vitamin D (D2 + D3)		0.9				AS	1		1.3		
Vitamin D.		35			2	A	1		53		
Vitamin K (phylloquinone)											
Dihydrophylloquinone											
Menaquinone-4	µg										

	<u>Aı</u>	nount in 10	00 grams	of edi	ble portio	<u>on</u>	Amount in e	edible portion	of common
			Number					easures of foo	
					Source	Confidence			
Nutrients and Units	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	•	090	0 1	NC A	4 1		0.135		
4:0 6:0	-	006 001	1	A	1		0.009 0.002		
8:0	•	002	1	A	1		0.002		
10:0	•	017	1	A	1		0.026		
12:0	g 0.	006	1	A	1		0.009		
13:0	g								
14:0	-	010	1	A	1		0.015		
15:0		002	1	A	1		0.003		
16:0	-	031	1 1	A	1 1		0.046		
17:0	0	000 015	1	A A	1		0.000 0.022		
18:0 20:0	-	000	1	A	1		0.022		
22:0	•	000	1	A	1		0.000		
24:0	•	000	1	A	1		0.000		
Fatty acids, total monounsaturated		020	0	NC	4		0.030		
14:1		000	1	A	1		0.000		
15:1	g 0.	000	1	A	1		0.000		
16:1 undifferentiated	•	000	0	AS	1		0.000		
16:1 c	-	000	1	A	1		0.000		
16:1 t	•	000	1	A	1		0.000		
17:1	9	000	1	A	1		0.000		
18:1 undifferentiated		020	0	AS	1		0.030		
18:1 c	•	020 000	1 1	A A	1 1		0.030		
18:1 t	0	500	1	А	_		0.000		
18:1-11 t (18:1t n-7) 20:1	-	000	1	A	1		0.000		
22:1 undifferentiated	-	000	0	AS	1		0.000		
22:1 c	•	000	1	A	1		0.000		
22:1 t	-	000	1	A	1		0.000		
24:1 c	g 0.	000	1	A	1		0.000		
Fatty acids, total polyunsaturated	g 0.	800	0	NC	4		0.012		
18:2 undifferentiated	-	007	0	AS	1		0.011		
18:2 n-6 c,c	-	007	1	A	1		0.011		
18:2 CLAs		000	1	A	1		0.000		
18:2 t,t 18:2 i	•								
18:2 t not further defined		000	1	A	1		0.000		
18:3 undifferentiated	•	000	0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)		000	1	A	1		0.000		
18:3 n-6 c,c,c		000	1	A	1		0.000		
18:3i	g 0.	000	1	A	1		0.000		
18:4	g 0.	000	1	A	1		0.000		
20:2 n-6 c,c	-	000	1	A	1		0.000		
20:3 undifferentiated	•	000	0	AS	1		0.000		
20:3 n-3		000	1	A	1		0.000		
20:3 n-6	•	000	1 1	A A	1 1		0.000		
20:4 undifferentiated 20:4 n-6		001	1	А	_		0.002		
20:4 n-6 20:5 n-3 (EPA)	-	000	1	A	1		0.000		
21:5	•		_	A	-		0.000		
22:4	-	000	1	A	1		0.000		
22:5 n-3 (DPA)	•	000	1	A	1		0.000		
22:6 n-3 (DHA)		000	1	A	1		0.000		
Fatty acids, total trans		000	0	NC	4		0.000		
Fatty acids, total trans-monoenoic	•	000	0	NC	4		0.000		
Fatty acids, total trans-polyenoic	•	000	0	NC	4		0.000		
Cholesterol									
Phytosterols	mg								

NDB No. 01278 Yogurt, Greek, nonfat, vanilla, DANNON OIKOS

Common Measures: Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	nt in 100 gr	am s	or edi	DIE PORTION		Amount in edible portion of common			
			Nun	nber				m	easures of fo	od	
					Deriv	Source Conf	idence				
Nutrients and Un	ito	Mean Sto	d. Error Po				ode		Measure 2	Maggura	
Nutrients and on	its	wean St	a. Error 10		Oout	Oode o	ouc	Measure 1	Measure 2	Measure	
No. 100400											
Proximates: Water	а	83.56	0.068	5	А	1		167.12			
Energy	-	73		0	NC	4		146			
Energy		305		0	NC	4		610			
Protein		9.95	0.177	5	A	1		19.90			
Total lipid (fat)		1.92	0.037	5	А	1		3.84			
Ash		0.63	0.023	5	A	1		1.26			
Carbohydrate, by difference		3.94		0	NC	4		7.88			
Fiber, total dietary		0.0		0	Z	7		0.0			
Sugars, total		3.56	0.060	3	A	1		7.11			
Sucrose		0.00	0.000	3	A	1		0.00			
Glucose (dextrose)		0.00	0.000	3	A	1		0.00			
Fructose		0.00	0.000	3	A	1		0.00			
Lactose	g	2.92	0.062	3	A	1		5.84			
Maltose		0.00	0.002	3	A	1		0.00			
Galactose	9	0.64	0.003	3	A	1		1.27			
Starch		0.00	0,000	1	A	1		0.00			
	9			_		_					
Minerals:	ma	115	1 202	_		-		220			
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	115 0.04	1.393 0.007	5 5	A A	1 1		230 0.09			
Iron, Fe	_	11	0.007	5	A	1		22			
Phosphorus, P		137	1.068	5	A	1		274			
Potassium, K		141	1.772	5	A	1		282			
Sodium, Na	_	34	0.309	5	A	1		68			
Zinc, Zn	-	0.60	0.005	5	A	1		1.20			
Copper, Cu		0.021	0.002	5	A	1		0.042			
Manganese, Mn		0.007	0.001	5	A	1		0.013			
Selenium, Se		12.4	0.233	3	A	1		24.7			
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8	0.199	8		1		1.6			
Thiamin	_	0.044	0.002	26		1		0.088			
Riboflavin	_	0.233	0.023	3	A	1		0.467			
Niacin	mg	0.197	0.003	3	A	1		0.393			
Pantothenic acid	mg	0.470		2	A	1		0.940			
Vitamin B-6	mg	0.055	0.001	3	A	1		0.111			
Folate, total	µg	12		1	A	1		24			
Folic acid	µg	0		0	Z	7		0			
Folate, food	µg	12		1	A	1		24			
Folate, DFE	µg	12		0	NC	4		24			
Choline, total	mg	15.2		0	AS	1		30.4			
Betaine	_										
Vitamin B-12		0.52		2	A	1		1.04			
Vitamin B-12, added		0.00		0	Z	7		0.00			
Vitamin A, RAE		90		0	NC	4		181			
Retinol		90		0	0	4		180			
Carotene, beta		6		1	A	1		11			
Carotene, alpha		0		1	A	1		0			
Cryptoxanthin, beta		0		1	Α	1		0			
Vitamin A, IU		309		0	NC	4		619			
Lycopene		0		1	A	1		0			
Lutein + zeaxanthin		1		1	A	1		1			
Vitamin E (alpha-tocopherol)		0.04		0	T	4		0.08			
Vitamin E, added		0.00		0	Z	7		0.00			
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.0 0.0 Vitamin D (D2 + D3).....µg 0 0 4 0 0 o 4 0.120 9 Vitamin K (phylloquinone)......µg 0.2 0.4 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 1.230 0 NC 4 2.459 0.047 1 A 1 0.094 4:0.....g 0.035 0.070 6:0.....g 1 Α 1 8:0.....g 0.024 1 Α 1 0.048 0.067 1 1 0.134 10:0.....g Α 0.062 1 А 1 0.124 13:0.....g 0.194 1 Α 1 0.388 14:0.....g 0.021 1 0.042 А 1 15:0.....g 0.570 1 А 1 1.140 0.012 0.024 1 17:0.....g Α 1 18:0.....g 0.195 1 Α 1 0.390 0.003 1 Α 1 0.006 20:0.....g 0.000 1 Α 1 0.000 0.000 0.000 1 1 Α Fatty acids, total monounsaturated......g 0.486 0 NC 4 0.972 0.021 1 A 1 0.042 14:1......g 0.000 1 Α 1 0.000 16:1 undifferentiated.......Q 0.031 AS 1 0.062 0.026 1 Α 1 0.052 16:1 c.....g 16:1 t.....g 0.005 1 Α 1 0.010 0.003 1 Α 1 0.006 0.427 AS 1 0.854 18:1 c.....g 0.381 1 Α 1 0.762 0.046 1 Α 1 0.092 18:1-11 t (18:1t n-7)......g 0.004 А 0.008 20:1.....g 0.000 0 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g 1 Α 1 0.000 0.000 22:1 t.....g 1 Α 1 0.000 0.000 0.000 1 1 0.076 0 NC 4 0.152 Fatty acids, total polyunsaturated......9 0.065 0 AS 1 18:2 undifferentiated......g 0.130 18:2 n-6 c,c....g 0.048 1 Α 1 0.096 0.008 1 1 18:2 CLAs.....g 0.016 18:2 t,t.....g 18:2 i.....g 0.009 0.018 1 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.007 0 AS 1 0.014 0.007 1 1 18:3 n-3 c,c,c (ALA)......g А 0.014 0.000 1 Α 1 0.000 18:3 n-6 c,c,c......g 0.000 0.000 18:3i......g 1 1 Α 18:4.....g 0.000 1 А 1 0.000 0.000 1 Α 1 0.000 20:3 undifferentiated.....g 0.002 0 AS 1 0.004 0.000 0.000 1 1 20:3 n-3.....g Α 20:3 n-6.....g 0.002 1 Α 1 0.004 0.002 1 1 20:4 undifferentiated......g Α 0.004 20:4 n-6.....g 0.000 1 Α 1 0.000 21:5.....g 0.000 0.000 1 А 1 0.000 22:5 n-3 (DPA)......g 1 Α 1 0.000 0.000 22:6 n-3 (DHA)......g Α 1 0.000 0.060 0 NC 4 Fatty acids, total trans......g 0.120 0.051 NC 4 Fatty acids, total trans-monoenoic......g 0 0.102

	Amount in	100 grams	of edi	ble portio	<u>n</u>		dible portion	
		Num be i	•			<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.009	0	NC	4		0.018		
Cholesterolmg	10	1	A	1		20		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.030	0		1		0.060		
Threonineg	0.216	0		1		0.432		
Isoleucineg	0.286	0		1		0.572		
Leucineg	0.529	0		1		1.058		
Lysineg	0.471	0		1		0.942		
Methionineg	0.155	0		1		0.310		
Cystineg	0.048	0		4		0.096		
Phenylalanineg	0.286	0		1		0.572		
Tyrosineg	0.265	0		1		0.530		
Valineg	0.434	0		1		0.868		
Arginineg	0.158	0		1		0.316		
Histidineg	0.130	0		1		0.260		
Alanineg	0.225	0		1		0.450		
Aspartic acidg	0.416	0		1		0.832		
Glutamic acidg	1.028	0		1		2.056		
Glycineg	0.127	0		1		0.254		
Prolineg	0.622	0		1		1.244		
Serineg	0.325	0		1		0.650		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeinemg	0	0	z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 200g: 1 container (7 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am our</u>	nt in 100 gra	ams of	edik	ole portic	<u>on</u>	Amount in e	dible portion	of common
			Num	ber					easures of fo	
					riv	Source	Confidence			
Nutrients and Ur	nits	Mean Std	. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	85.10	0.059	18	A	1		144.67		
Energy	_	59	01005	0	NC	4		100		
Energy		246		0	NC	4		418		
Protein		10.19	0.179	16	A	1		17.33		
Total lipid (fat)		0.39		18	A	1		0.66		
Ash		0.72		18	A	1		1.22		
Carbohydrate, by difference	_	3.60		0	NC	4		6.12		
Fiber, total dietary		0.0		1	LC	8		0.0		
Sugars, total		3.24		3	A	1		5.51		
<u> </u>		0.00		3	A	1		0.00		
Sucrose		0.00		3	A	1		0.00		
Glucose (dextrose)		0.00		3	A	1		0.00		
Fructose	9	2.54		3	A	1		4.32		
Lactose		0.00		3	A	1		0.00		
Maltose	9	0.70		3	A	1		1.19		
Galactose		0.70		3	A	1		1.19		
	9									
Minerals:	ma	110	0 351	10		1		107		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	110	0.351		A A	1 1		187		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.07 11		18 18	A A	1		0.12 18		
0 , 0	-	135		18	A A	1		229		
Phosphorus, P Potassium, K		141		18	A	1		240		
Sodium, Na	-	36		18	A	1		60		
Zinc, Zn	-	0.52		18	A	1		0.88		
Copper, Cu		0.017		18	A	1		0.028		
Manganese, Mn		0.009		18	A	1		0.015		
Selenium, Se		9.7		9	A	1		16.5		
Vitamins:										
Vitamin C, total ascorbic acid	mq	0.0		1	LC	8		0.0		
Thiamin	-	0.023	0.002	9	A	1		0.039		
Riboflavin	-	0.278	0.007	9	Α	1		0.472		
Niacin	-	0.208	0.006	9	A	1		0.354		
Pantothenic acid	mg	0.331	0.001	6	A	1		0.563		
Vitamin B-6	mg	0.063	0.001	9	A	1		0.107		
Folate, total	-	7		0	DA	1		12		
Folic acid		0		0	Z	7		0		
Folate, food	µg	7		0	DA	1		12		
Folate, DFE	µg	7		0	NC	4		12		
Choline, total	mg	15.1		0 .	AS	1		25.6		
Betaine		0.8		1	A	1		1.4		
Vitamin B-12	µg	0.75	0.009	9	A	1		1.28		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		1		0	AS	1		2		
Retinol		1		3	A	1		2		
Carotene, beta	µg	0		0	Z	7		0		
Carotene, alpha	µg	0		0	Z	7		0		
Cryptoxanthin, beta		0		0	Z	7		0		
Vitamin A, IU		4		0	AS	1		7		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.01	0.000	9	A	1		0.02		
Vitamin E, added	<u>mg</u>	0.00		0	Z	7		0.00		
Tocopherol, beta		0.00	0.000	9	A	1		0.00		
Tocopherol, gamma		0.00	0.001	9	A	1		0.00		
Tocopherol, delta		0.00	0.000	9	A	1		0.00		
Tocotrienol, alpha		0.00	0.000	9	A	1		0.00		
Tocotrienol, beta		0.00	0.000	9	A	1		0.00		

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Code Mean Measure 1 Measure 2 Measure 3 0.00 0.000 0.00 Tocotrienol, gamma.....mg 1 0.000 0.00 9 Tocotrienol, delta.....g Α 1 0.00 0.0 Vitamin D (D2 + D3)......µg AS 0.0 1 Vitamin D2 (ergocalciferol).....µg 0.0 Α 1 0.0 Vitamin D3 (cholecalciferol).....µg 0.0 1 Α 1 0.0 Vitamin D......U 0 1 Α 1 0 Vitamin K (phylloquinone)......µg 0.0 3 1 0.0 0.0 3 A 1 0.0 Dihydrophylloquinone.....µg Menaquinone-4......µg 0.0 3 Α 1 0.0 Lipids: 0.117 NC 0.199 Fatty acids, total saturated......g 4:0.....g 0.000 0.000 9 Α 1 0.000 6:0.....g 0.003 0.000 А 1 0.004 0.000 0.004 9 Α 1 0.007 0.001 10:0.....g 0.013 1 0.022 Α 0.000 12:0.....g 0.006 1 0.011 13:0.....g 14:0.......a 0.015 0.000 9 1 0.026 Α 15:0.....g 0.003 0.000 9 Α 0.006 0.049 0.002 9 А 1 0.083 16:0.....g 0.003 0.000 9 Α 1 0.005 0.001 0.021 0.035 18:0.....g Α 1 0.000 0.000 9 20:0.....g 1 0.000 0.000 9 22:0.....g 0.000 Α 1 0.000 0.000 0.000 9 A 1 24:0.....g 0.000 0.053 NC Fatty acids, total monounsaturated......g 4 0.091 0.001 0.000 1 0.001 14:1.....g Α 0.000 0.000 9 А 1 0.000 15:1.....g 0.002 0.000 9 0.004 16:1 undifferentiated......g AS 1 0.002 0.000 16:1 c......g Α 1 0.004 0.000 0.000 9 0.000 16:1 t.....g Α 1 0.000 0.000 9 1 А 0.000 17:1.....g 18:1 undifferentiated......g 0.049 0.001 9 AS 1 0.082 0.043 0.001 9 Α 1 0.073 18:1 c.....g 0.006 0.001 9 1 0.009 18:1 t.....g 0.002 0.001 9 1 0.003 20:1.....g Α 0.000 0.000 0.000 AS 1 0.000 22:1 c.....g 0.000 9 Α 1 0.000 0.000 0.000 9 Α 1 0.000 22:1 t.....g 0.000 0.000 9 Α 1 0.000 Fatty acids, total polyunsaturated......g 0.012 NC 4 0.020 18:2 undifferentiated.....g 0.010 0.001 9 AS 1 0.017 0.010 0.001 9 0.017 18:2 n-6 c,c.....g Α 1 0.000 0.000 А 1 0.000 18:2 t.t.....g 18:2 i.....g 0.000 0.000 9 1 18:2 t not further defined.....g Α 0.000 0.001 9 0.001 0.002 18:3 undifferentiated......g AS 1 18:3 n-3 c,c,c (ALA)......g 0.001 0.001 9 Α 1 0.002 0.000 0.000 9 1 0.000 18:3 n-6 c,c,c.....g Α 18:3i.....g 0.000 0.000 9 Α 1 0.000 0.000 0.000 18:4.....g Α 1 0.000 20:2 n-6 c,c....g 0.000 0.000 А 1 0.000 0.000 9 1 20:3 undifferentiated.....g 0.000 AS 0.000 0.000 0.000 9 20:3 n-3.....g Α 1 0.000 0.000 0.000 9 1 0.000 20:3 n-6.....g Α 0.000 0.000 9 20:4 undifferentiated.....g 1 0.000 20:4 n-6.....g 0.000 0.000 9 1 0.000 20:5 n-3 (EPA)......g Α 21:5.....g 0.000 0.000 9 1 0.000 22:4.....g 22:5 n-3 (DPA)......g 0.000 0.000 9 А 1 0.000

	<u>An</u>	oun) gram: Numbe		ble porti	<u>on</u>		edible portion of easures of foo	
					-	Source	Confidence			_
Nutrients and Units	Mean	Std	. Error			Code	Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)g	0.0	00	0.0	000 9	A	1		0.000		
Fatty acids, total transg	0.0	06		0	NC	4		0.010		
Fatty acids, total trans-monoenoicg	0.0	06		0	NC	4		0.010		
Fatty acids, total trans-polyenoicg	0.0	00		0	NC	4		0.000		
Cholesterolmg	5		0.0	050 9	A	1		9		
Phytosterolsmg										
Amino Acids:										
Tryptophang										
Threonineg										
Isoleucineg										
Leucineg										
Lysineg										
Methionineg										
Cystineg										
Phenylalanineg										
Tyrosineg										
Valineg										
Arginineg										
Histidineg										
Alanineg										
Aspartic acidg										
Glutamic acidg										
Glycineg										
Prolineg										
Serineg										
Hydroxyprolineg										
Others:										
Alcohol, ethylg	0.0			0	Z	7		0.0		
Caffeinemg	0			0	Z	7		0		
Theobrominemg	0			0	Z	7		0		

Common Measures:

Measure 1 = 170g: 1 container

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amc	Julit III IC	o graiii	s of edi	bie port	<u>1011</u>	Amount in edible portion of common			
				Num be	r			<u>m</u>	easures of fo	<u>od</u>	
				of Data	a Deriv	Source	Confidence				
Nutrients and Un	ite	Mean S	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Nati lents and on		Wedit (ota. 🗖 i oi					Wedsure 1	medoure 2	measure .	
Proximates:											
Water	g	81.30		0	NR	4					
Energy	kcal	97		0	NC	4					
Energy	kJ	406		0	NC	4					
Protein (N x 6.25)		9.00		0		8					
Total lipid (fat)	g	5.00		0		8					
Ash	g	0.72	0.	010 18	A	1					
Carbohydrate, by difference	g	3.98		0	NC	4					
Fiber, total dietary		0.0		0		8					
Sugars, total		4.00		0		8					
Starch											
Minerals:											
Calcium, Ca	-	100		0		8					
Iron, Fe		0.00		0		8					
Magnesium, Mg		11		056 18	A	1					
Phosphorus, P		135		535 18	A	1					
Potassium, K	-	141	0.	514 18	A	1					
Sodium, Na	-	35	•	0	_	8					
Zinc, Zn		0.52		004 18	A	1 1					
Copper, Cu		0.017		000 18 000 18	A A	1					
Manganese, Mn Selenium, Se	-	9.7		118 9	A	1					
Selenium, Se	µg	9.7	0.	110 9	А	1					
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0		8					
Thiamin	mg	0.023	3 0.	002 9	A	1					
Riboflavin	mg	0.278	в О.	007 9	A	1					
Niacin	mg	0.208	в О.	006 9	A	1					
Pantothenic acid	-	0.331	l 0.	001 6	A	1					
Vitamin B-6	mg	0.063	3 0.	001 9	A	1					
Folate, total	µg	5		0	NR	4					
Folic acid	µg	0		0	Z	7					
Folate, food		5		0	BFZN	4					
Folate, DFE		5		0	NC	4					
Choline, total		15.1		0	AS	1					
Betaine											
Vitamin B-12		0.75	0.	009 9	A	1					
Vitamin B-12, added		0.00		0	Z	7					
Vitamin A, RAE		2		0	NC	4					
Retinol		1		3	A	1					
Carotene, beta		7		0	BFZN	4					
Carotene, alpha		0		0	Z	7					
Cryptoxanthin, beta		0		0	Z	7					
Vitamin A, IU		15 0		0	NC Z	4 7					
Lycopene		0		0	Z	7					
Lutein + zeaxanthin		0.01	0	000 9	A	1					
Vitamin E (alpha-tocopherol)			0.	000 9	Z	7					
Vitamin E, added Tocopherol, beta		0.00		U	2	,					
•											
Tocopherol, gamma Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		1	AS	1					
Vitamin D		0		1	A	1					
Vitamin K (phylloquinone)		0.0		3	A	1					
Dihydrophylloquinone				3		-					
Menaquinone-4											

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Amount in edible portion of common

measures of food

Nutrients and Units	Mean St	of Data d. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and onits	Weari St	u. 🗀 101 - 0	0000			Wieasure i	Weasure 2	weasure 5
Lipids:								
Fatty acids, total saturatedg	2.395	0	NC	4				
4:0g	0.000	0.000 9	A	1				
6:0g	0.051	0.000 9	A	1				
8:0g	0.086	0.000 9	A	1				
10:0g	0.264	0.001 9	A	1				
12:0g 13:0g	0.127	0.000 9	A	1				
13:0g 14:0g	0.316	0.000 9	A	1				
15:0g	0.067	0.000 9	A	1				
16:0g	1.000	0.002 9	A	1				
17:0g	0.060	0.000 9	A	1				
18:0g	0.422	0.001 9	A	1				
20:0g	0.003	0.000 9	A	1				
22:0g	0.000	0.000 9	A	1				
24:0g	0.000	0.000 9	A	1				
Fatty acids, total monounsaturatedg	2.136	0	NC	4				
14:1g	0.018	0.000 9	A	1				
15:1g	0.000	0.000 9	A	1				
16:1 undifferentiatedg	0.049 0.044	0.000 9 0.000 9	AS A	1 1				
16:1 t	0.005	0.000 9	A	1				
17:1	0.000	0.000 9	A	1				
18:1 undifferentiatedg	0.993	0.001 9	AS	1				
18:1 cg	0.879	0.001 9	A	1				
18:1 tg	0.114	0.001 9	A	1				
18:1-11 t (18:1t n-7)g								
20:1g	0.034	0.001 9	A	1				
22:1 undifferentiatedg	0.000	0.000 9	AS	1				
22:1 cg	0.000	0.000 9	A	1				
22:1 tg	0.000	0.000 9	A	1				
24:1 c	0.000	0.000 9	A	1				
Fatty acids, total polyunsaturatedg	0.469	0	NC	4 1				
18:2 undifferentiated	0.209 0.209	0.001 9 0.001 9	AS A	1				
18:2 CLAsg	0.000	0.001 9	A	1				
18:2 t,tg	0.000	0.000		-				
18:2 ig								
18:2 t not further definedg	0.000	0.000 9	A	1				
18:3 undifferentiatedg	0.023	0.001 9	AS	1				
18:3 n-3 c,c,c (ALA)g	0.023	0.001 9	A	1				
18:3 n-6 c,c,cg	0.000	0.000 9	A	1				
18:3ig	0.000	0.000 9	A	1				
18:4g	0.000	0.000 9	A	1				
20:2 n-6 c,cg	0.000	0.000 9	A	1				
20:3 undifferentiatedg	0.000 0.000	0.000 9 0.000 9	AS	1 1				
20:3 n-3g 20:3 n-6g	0.000	0.000 9	A A	1				
20:3 n-6g	0.000	0.000 9	A	1				
20:4 n-6g	0.000	0.000		-				
20:5 n-3 (EPA)g	0.000	0.000 9	A	1				
21:5g								
22:4g	0.000	0.000 9	A	1				
22:5 n-3 (DPA)g	0.000	0.000 9	A	1				
22:6 n-3 (DHA)g	0.004	0.000 9	A	1				
Fatty acids, total transg	0.000	0		8				
Cholesterolmg	13	0		8				
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	z	7				
Caffeinemg	0	0	z	7				
Theobrominemg	0	0	Z	7				

01293 NDB No.

Yogurt, Greek, plain, whole milk

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Std. Error Points Code Code Code **Nutrients and Units**

Measure 1

Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Lipids:

Refuse:0%

		Amou	unt in 100 g			ole portio	<u>on</u>		edible portion easures of fo	
				m be		_		<u> </u>	easures or 100	<u> </u>
							Confidence			
Nutrients and Un	its	Mean S	td. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	a	76.60	0.058	6	A	1		114.90		
Energy	_	106		0	NC	4		159		
Energy		443		0	NC	4		665		
Protein		8.25	0.073		A	1		12.38		
Total lipid (fat)		2.92	0.070		A	1		4.37		
Ash		0.56	0.019		A	1		0.85		
Carbohydrate, by difference		11.67	00025	0	NC	4		17.50		
Fiber, total dietary		1.0		1	A	1		1.5		
•		11.00	0.119		A	1		16.50		
Sugars, total		3.71	0.119		A	1		5.56		
Sucrose		0.30	0.100		A	1		0.45		
Glucose (dextrose)										
Fructose		4.12	0.040		A	1 1		6.18		
Lactose		2.33	0.040		A			3.49		
Maltose		0.00	0.000		A	1		0.00		
Galactose		0.54	0.006		A	1		0.81		
Starch	g	0.00		1	A	1		0.00		
Minerals:										
Calcium, Ca	ma	86	1.088	6	A	1		129		
Iron, Fe		0.07	0.003		A	1		0.10		
Magnesium, Mg	-	10	0.107		A	1		15		
Phosphorus, P		110	1.057	6	A	1		164		
Potassium, K		131	1.476	6	A	1		196		
Sodium, Na	-	34	0.459	6	A	1		51		
Zinc, Zn		0.39	0.009	6	A	1		0.58		
Copper, Cu		0.018	0.001	6	A	1		0.027		
Manganese, Mn		0.034	0.001	6	A	1		0.051		
Selenium, Se		9.5	0.524	3	A	1		14.2		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.036		0	BFSN	4		0.054		
Riboflavin		0.227	0.037		A	1		0.340		
Niacin		0.210	0.000		A	1		0.315		
Pantothenic acid	-	0.390	0.000	2	A	1		0.585		
Vitamin B-6	-	0.050	0.001		A	1		0.074		
Folate, total		0.030	0.001	•		-		0.071		
Folate, DFE										
Choline, total										
Betaine										
Vitamin B-12		0.56		2	A	1		0.85		
Vitamin A, RAE		1		0	AS	1		1		
Vitamin A, IU		13		0	AS	1		19		
Lycopene		0		1	A	1		0		
Lutein + zeaxanthin		3		1	A	1		5		
Vitamin E (alpha-tocopherol)		-		-		-		-		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0		2	AS	1		0.0		
Vitamin D	1. 7	0		2	A	1		0		
Vitamin K (phylloquinone)		· ·		-		_		-		
Dihydrophylloquinone										
Z, dropinj noquinone										

	<u>An</u>	ount in 1	00 grams	of edi	ble portio	<u>n</u>	Amount in e	edible portion	of common	
			Number				measures of food			
Nutrients and Units	Mean	Std. Erro	of Data or Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total saturatedg			0	NC	4		2.749			
4:0g			1	A	1		0.103			
6:0g			1	A -	1		0.079			
8:0g			1 1	A	1		0.053			
10:0g			1	A A	1 1		0.140 0.140			
12:0g 13:0g	0.0	33	_	A	1		0.140			
14:0	0.2	92	1	A	1		0.438			
15:0			1	A	1		0.046			
16:0g			1	A	1		1.289			
17:0g			1	A	1		0.028			
18:0g			1	A	1		0.427			
20:0g		04	1	A	1		0.006			
22:0g		00	1	A	1		0.000			
24:0g		00	1	A	1		0.000			
Fatty acids, total monounsaturatedg		45	0	NC	4		1.117			
14:1g	0.0	28	1	A	1		0.042			
15:1g	0.0	00	1	A	1		0.000			
16:1 undifferentiatedg	0.0	48	0	AS	1		0.072			
16:1 cg	0.0	39	1	A	1		0.059			
16:1 tg	0.0	09	1	A	1		0.013			
17:1g		06	1	A	1		0.009			
18:1 undifferentiated	0.6	57	0	AS	1		0.985			
18:1 cg	0.5	98	1	A	1		0.897			
18:1 tg	0.0	59	1	A	1		0.089			
18:1-11 t (18:1t n-7)g										
20:1g			1	A	1		0.009			
22:1 undifferentiatedg			0	AS	1		0.000			
22:1 cg			1	A	1		0.000			
22:1 tg			1	A -	1		0.000			
24:1 c			1	Α	1		0.000			
Fatty acids, total polyunsaturated			0	NC	4		0.196			
18:2 undifferentiatedg			1	AS A	1 1		0.161			
18:2 n-6 c,c	0.0		1	A	1		0.117			
18:2 CLAsg 18:2 t,tg		12	_	A	_		0.018			
18:2 ig										
18:2 t not further definedg	0.0	17	1	A	1		0.026			
18:3 undifferentiated			0	AS	1		0.020			
18:3 n-3 c,c,c (ALA)	0.0		1	A	1		0.020			
18:3 n-6 c,c,c			1	A	1		0.000			
18:3ig			1	A	1		0.000			
18:4g			1	A	1		0.000			
20:2 n-6 c,cg			1	A	1		0.000			
20:3 undifferentiatedg			0	AS	1		0.005			
20:3 n-3g		00	1	A	1		0.000			
20:3 n-6g		03	1	A	1		0.005			
20:4 undifferentiatedg	0.0	05	1	A	1		0.007			
20:4 n-6g										
20:5 n-3 (EPA)	0.0	00	1	A	1		0.000			
21:5g										
22:4g		00	1	A	1		0.000			
22.5 2.(DD4)	0.0	03	1	A	1		0.005			
22:5 n-3 (DPA)g		00	1	A	1		0.000			
22:6 n-3 (DHA)g		00								
22:6 n-3 (DHA)	0.0	85	0	NC	4		0.127			
22:6 n-3 (DHA)	0.0	85 68	0	NC	4		0.127 0.102			
22:6 n-3 (DHA)	0.0 0.0 0.0	85 68	0				0.127			

NDB No. 01276 Yogurt, Greek, strawberry, DANNON OIKOS

Common Measures: Measure 1 = 150g: 5.3 oz

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am our</u>	nt in 100 gra	Amount in	edible portion	of common		
			Num	ber			easures of fo	
					Source Confidence	e		
Nutrients and Ur	vite	Mean Std	. Error Poi			Measure 1	Measure 2	Measure
Nutrients and Or	iiis	Mean Stu	. 6101 101	11.5 0000	Jour Jour	Weasure	WedSure 2	Weasure
Proximates:								
Water	g	76.81	0.044	9 A	1	115.22		
Energy	kcal	103		0 NC	4	155		
Energy	kJ	432		0 NC	4	648		
Protein	g	8.17	0.057	9 A	1	12.26		
Total lipid (fat)	g	2.57	0.053	9 A	1	3.86		
Ash	-	0.56	0.021	9 A	1	0.84		
Carbohydrate, by difference	g	11.89		0 NC	4	17.83		
Fiber, total dietary	g	1.0		1 A	1	1.5		
Sugars, total	g	11.23	0.095	6 A	1	16.84		
Sucrose	g	4.43	0.080	6 A	1	6.64		
Glucose (dextrose)		0.54	0.047	6 A	1	0.81		
Fructose	g	3.36	0.030	6 A	1	5.05		
Lactose	g	2.37	0.038	6 A	1	3.56		
Maltose	g	0.00	0.000	6 A	1	0.00		
Galactose	g	0.53	0.005	6 A	1	0.79		
Starch		0.00		2 A	1	0.00		
Minerals:								
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	88	0.871	9 A	1	133		
Iron, Fe	_	0.07	0.002	9 A	1	0.10		
Magnesium, Mg		10	0.085	9 A	1	15		
Phosphorus, P		109	0.818	9 A	1 1	164		
Potassium, K Sodium, Na	_	129 33	1.120 0.369	9 A 9 A	1	194 49		
Zinc, Zn	-	0.41	0.309	9 A	1	0.62		
Copper, Cu		0.019	0.001	9 A	1	0.028		
Manganese, Mn		0.036	0.001	9 A	1	0.054		
Selenium, Se		9.6	0.390	5 A	1	14.4		
Vitamins:								
Vitamin C, total ascorbic acid	g	0.7		0	1	1.0		
Thiamin	mg	0.037		0	1	0.056		
Riboflavin	mg	0.235	0.028	5 A	1	0.353		
Niacin	-	0.205	0.003	5 A	1	0.307		
Pantothenic acid		0.394	0.008	4 A	1	0.591		
Vitamin B-6	• • • • • • • • • • • • • • • • • • • •	0.049	0.001	5 A	1	0.074		
Folate, total		9		0	1	14		
Folic acid		0		0 Z	7	0		
Folate, food		9		0	1	14		
Folate, DFE		14.0		0 NC 0 As	1	14		
Choline, total		14.0		U AS	1	21.1		
Betaine Vitamin B-12	_	0.50	0.056	4 A	1	0.75		
Vitamin B-12, added		0.00	0.050	0 Z	7	0.00		
Vitamin A, RAE		31		0 NC	4	46		
Retinol		30		0 0	4	45		
Carotene, beta		7		2 A	1	10		
Carotene, alpha		0		2 A	1	0		
Cryptoxanthin, beta		0		2 A	1	0		
Vitamin A, IU		111		0 NC	4	167		
Lycopene		0		2 A	1	0		
Lutein + zeaxanthin		7		2 A	1	10		
Vitamin E (alpha-tocopherol)		0.02		0 т	4	0.03		
Vitamin E, added		0.00		0 z	7	0.00		
Tocopherol, beta								
Tocopherol, gamma	mg							
Tocopherol, delta	g							
Tocotrienol, alpha								
Tocotrienol, beta								
Tocotrienol, gamma	mg							

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.0 2 1 0.0 Vitamin D (D2 + D3).....µg AS 2 A 1 z 7 0.0 Vitamin K (phylloquinone)......µg 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 1.599 0 NC 4 2.398 0.060 2 A 1 0.091 4:0.....g 0.046 0.069 6:0.....g 2 Α 1 8:0.....g 0.031 2 Α 1 0.046 2 0.084 1 0.125 10:0.....g Α 0.081 2 A 1 0.122 13:0.....g 0.254 2 Α 1 0.381 14:0.....g 0.027 2 0.041 А 1 15:0.....g 0.746 2 А 1 1.120 0.017 0.025 17:0.....g Α 1 18:0.....g 0.250 2 Α 1 0.374 0.003 2 Α 1 0.005 20:0.....g 0.000 2 А 1 0.000 0.000 0.000 Α 1 Fatty acids, total monounsaturated......g 0.650 0 NC 4 0.975 0.025 2 А 1 0.037 14:1.....g 0.000 2 Α 1 0.000 16:1 undifferentiated.......Q 0.042 AS 1 0.063 0.034 2 Α 1 0.051 16:1 c.....g 16:1 t.....g 0.008 2 Α 1 0.012 0.005 2 Α 1 0.008 0.573 AS 1 0.860 2 18:1 c.....g 0.522 Α 1 0.783 0.052 Α 1 0.077 18:1-11 t (18:1t n-7)......g 0.005 2 А 0.008 20:1.....g 0.000 0 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g 2 А 1 0.000 0.000 2 22:1 t.....g Α 1 0.000 0.000 2 0.000 1 0.113 0 NC 4 Fatty acids, total polyunsaturated......9 0.169 0.092 0 1 18:2 undifferentiated......g AS 0.139 18:2 n-6 c,c....g 0.067 2 Α 1 0.101 0.011 2 1 18:2 CLAs.....g 0.016 18:2 t,t.....g 18:2 i.....g 0.014 0.022 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.011 0 AS 1 0.017 0.011 2 1 18:3 n-3 c,c,c (ALA)......g А 0.017 0.000 2 А 1 0.000 18:3 n-6 c,c,c......g 0.000 0.000 18:3i......g 1 Α 18:4.....g 0.000 2 А 1 0.000 0.000 2 Α 1 0.000 20:3 undifferentiated.....g 0.003 0 AS 1 0.004 0.000 2 0.000 1 20:3 n-3.....g Α 20:3 n-6.....g 0.003 2 Α 1 0.004 0.004 2 1 20:4 undifferentiated......g Α 0.007 20:4 n-6.....g 0.000 2 А 1 0.000 21:5.....g 0.000 2 0.000 22:4.....g А 1 0.002 22:5 n-3 (DPA)......g 2 Α 1 0.003 0.000 0.000 22:6 n-3 (DHA)......g 2 Α 1 0 0.074 NC 4 Fatty acids, total trans......g 0.111 0.059 NC 4 Fatty acids, total trans-monoenoic......g 0.089

	Amount in	-		Amount in edible portion of common measures of food				
Nutrients and Units	Mean Std. Err		Deriv		Confidence Code		Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.014	0	NC	4		0.022		
Cholesterol mg	12	2	A	1		17		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.025	0		1		0.038		
Threonineg	0.179	0		1		0.269		
Isoleucineg	0.238	0		1		0.357		
Leucineg	0.440	0		1		0.660		
Lysineg	0.392	0		1		0.588		
Methionineg	0.129	0		1		0.194		
Cystineg	0.040	0		4		0.060		
Phenylalanineg	0.238	0		1		0.357		
Tyrosineg	0.221	0		1		0.332		
Valineg	0.362	0		1		0.543		
Arginineg	0.132	0		1		0.198		
Histidineg	0.108	0		1		0.162		
Alanineg	0.187	0		1		0.281		
Aspartic acidg	0.347	0		1		0.521		
Glutamic acidg	0.856	0		1		1.284		
Glycineg	0.105	0		1		0.158		
Prolineg	0.518	0		1		0.777		
Serineg	0.271	0		1		0.407		
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am o</u> u	unt in 100 gr			ble portio	<u>on</u>	Amount in edible portion of common		
				ber		_		<u>m</u>	easures of fo	<u> </u>
							Confidence			
Nutrients and Un	its	Mean S	td. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	а	79.13	0.202	16	A	1		118.70		
Energy		82	01202	0	NC	4		123		
Energy		342		0	NC	4		513		
Protein		8.05	0.057		A	1		12.08		
Total lipid (fat)	-	0.15		16	A	1		0.23		
Ash		0.59	0.015		A	1		0.89		
Carbohydrate, by difference		12.07		0	NC	4		18.10		
Fiber, total dietary		0.6		2	A	1		0.9		
Sugars, total		11.27	0.111	10	A	1		16.91		
Sucrose		5.41	0.098	10	A	1		8.12		
Glucose (dextrose)		0.65	0.050	10	A	1		0.97		
Fructose		2.19	0.029	10	A	1		3.29		
		2.47	0.026	10	A	1		3.70		
Lactose		0.00	0.020	10	A	1		0.00		
Maltose		0.55	0.008	10	A	1		0.82		
Galactose Starch		0.00	0.000	2	A	1		0.00		
Staten	9	0.00				_		0.00		
Minerals:										
Calcium, Ca	mg	97	0.626	16	A	1		145		
Iron, Fe	mg	0.09	0.010	16	A	1		0.14		
Magnesium, Mg	mg	10	0.092	16	A	1		16		
Phosphorus, P	<u>m</u> g	113	0.750	16	A	1		169		
Potassium, K		132		16	A	1		198		
Sodium, Na		33		16	A	1		49		
Zinc, Zn		0.45		16	A	1		0.67		
Copper, Cu		0.019	0.000	16	A	1		0.029		
Manganese, Mn		0.033		16	A	1		0.049		
Selenium, Se	µg	9.4	0.085	10	A	1		14.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		2	A	1		0.4		
Thiamin	mg	0.037		0		1		0.056		
Riboflavin	mg	0.253	0.019	10	A	1		0.379		
Niacin	mg	0.213	0.004	10	A	1		0.320		
Pantothenic acid	mg	0.358	0.008	6	A	1		0.537		
Vitamin B-6	-	0.050	0.001	10	A	1		0.075		
Folate, total	µg	20		1	A	1		31		
Folic acid		0		0	Z	7		0		
Folate, food		20		1	A	1		31		
Folate, DFE		20		0	NC	4		31		
Choline, total		14.0		0	AS	1		21.1		
Betaine	-			_	_	_				
Vitamin B-12		0.49	0.042	7	A	1		0.74		
Vitamin B-12, added		0.00		0	Z	7		0.00		
Vitamin A, RAE		0		0	AS O	1 4		0		
Retinol		0		•		1		ū		
Carotene, beta		2		1	A A	1		3 0		
Carotene, alpha		0		1	A A	1		0		
Cryptoxanthin, beta		4		0	A AS	1		5		
Vitamin A, IU		0		1	AS A	1		0		
LycopeneLutein + zeaxanthin		4		1	A	1		6		
Vitamin E (alpha-tocopherol)		0.02		0	T	4		0.03		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.02		0	Z	7		0.03		
Tocopherol, beta		0.00		,	4	,		0.00		
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 1.0 1 1 1.5 Vitamin D (D2 + D3).....µg AS 40 1 A 1 59 z 7 Vitamin K (phylloquinone)......µg 0.0 0.0 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.105 0 NC 4 0.157 0.007 3 A 1 0.010 4:0.....g 0.001 0.002 6:0.....g 3 Α 1 8:0.....g 0.003 3 Α 1 0.004 0.017 3 1 0.026 10:0.....g Α 0.006 3 A 1 0.009 13:0.....g 0.010 3 Α 1 0.015 14:0.....g 0.003 3 0.004 А 1 15:0.....g 0.038 3 А 1 0.057 0.002 3 0.003 17:0.....g Α 1 18:0.....g 0.017 3 Α 1 0.026 0.000 3 Α 1 0.000 20:0.....g 0.000 3 А 1 0.000 0.000 0.000 3 Α 1 Fatty acids, total monounsaturated......g 0.026 0 NC 4 0.040 0.000 3 A 1 0.000 14:1.....g 0.000 3 Α 1 0.000 16:1 undifferentiated.......Q 0.001 AS 1 0.002 0.001 3 Α 1 0.002 16:1 c.....g 16:1 t.....g 0.000 3 Α 1 0.000 0.000 3 Α 1 0.000 0.025 3 AS 1 0.037 18:1 c.....g 0.024 3 Α 1 0.036 0.001 Α 1 0.001 18:1-11 t (18:1t n-7)......g 0.001 3 А 0.001 20:1.....g 0.000 3 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g 3 А 1 0.000 0.000 22:1 t.....g 3 Α 1 0.000 0.000 3 0.000 0.014 0 NC 4 0.020 Fatty acids, total polyunsaturated......9 0.010 1 18:2 undifferentiated......g 3 AS 0.015 18:2 n-6 c,c....g 0.010 3 Α 1 0.015 0.000 3 1 18:2 CLAs.....g 0.000 18:2 t,t.....g 18:2 i.....g 0.000 0.000 3 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.003 3 AS 1 0.005 0.003 3 1 18:3 n-3 c,c,c (ALA)......g А 0.005 0.000 3 А 1 0.000 18:3 n-6 c,c,c......g 0.000 18:3i......g 3 1 0.000 Α 18:4.....g 0.000 3 А 1 0.000 0.000 3 Α 1 0.000 20:3 undifferentiated.....g 0.000 3 AS 1 0.000 0.000 3 0.000 1 20:3 n-3.....g Α 20:3 n-6.....g 0.000 3 Α 1 0.000 0.000 3 1 20:4 undifferentiated......g Α 0.000 20:4 n-6.....g 0.000 А 1 0.000 21:5.....g 0.000 0.000 22:4.....g 3 А 1 0.000 22:5 n-3 (DPA)......g 3 Α 1 0.000 0.000 0.000 22:6 n-3 (DHA)......g 3 Α 1 0.001 0.001 0 NC 4 Fatty acids, total trans......g 0.001 NC 4 Fatty acids, total trans-monoenoic......g 0.001

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.000	0	NC	4		0.000		
Cholesterolmg	4	1	A	1		6		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.025	0		1		0.038		
Threonine9	0.179	0		1		0.269		
Isoleucineg	0.238	0		1		0.357		
Leucineg	0.440	0		1		0.660		
Lysineg	0.392	0		1		0.588		
Methionineg	0.129	0		1		0.194		
Cystineg	0.040	0		4		0.060		
Phenylalanineg	0.238	0		1		0.357		
Tyrosineg	0.221	0		1		0.332		
Valineg	0.362	0		1		0.543		
Arginineg	0.132	0		1		0.198		
Histidineg	0.108	0		1		0.162		
Alanineg	0.187	0		1		0.281		
Aspartic acidg	0.347	0		1		0.521		
Glutamic acidg	0.856	0		1		1.284		
Glycineg	0.105	0		1		0.158		
Prolineg	0.518	0		1		0.777		
Serineg	0.271	0		1		0.407		
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0	0	z	7		0.0		
Caffeine mg	0	0	z	7		0		
Theobrominemg	0	0	Z	7		0		

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am oun</u>	t in 100 gra			ole porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean Std	Num of D Error Poi	ata	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		F0 F6		•						
Water Energy	_	78.76 95		0	NR NC	4 4				
Energy		398		0	NC	4				
Protein		8.64	0.052	-	A.	1				
		2.50	0.032	0	A	8				
Total lipid (fat)		0.55	0.011		A	1				
Ash			0.011	0	NC	4				
Carbohydrate, by difference		9.54			NC	4 8				
Fiber, total dietary		0.0		0	_	-				
Sugars, total		9.54	0.206	8	A	1				
Sucrose		4.07	0.138	8	A	1				
Glucose (dextrose)		0.32	0.066	8	A	1				
Fructose		1.92	0.053	8	A	1				
Lactose		2.63	0.034	8	A	1				
Maltose		0.00	0.000	8	A	1				
Galactose		0.60	0.013	8	A	1				
Starch	g									
Minerals:										
Calcium, Ca	ma	100		0		8				
Iron, Fe		0.04	0.002	-	A	1				
Magnesium, Mg		10		15	A	1				
Phosphorus, P		119		15	A	1				
Potassium, K		123	1.720		A	1				
Sodium, Na		40		0		8				
Zinc, Zn	-	0.46	0.006		A	1				
Copper, Cu		0.018		15	A	1				
Manganese, Mn		0.008		15	A	1				
Selenium, Se		9.7	0.154		A	1				
<u>Vitamins:</u>						•				
Vitamin C, total ascorbic acid	-	0.0		0		8				
Thiamin	-	0.038		0	BFNN	4				
Riboflavin	-	0.240	0.020	8	A	1				
Niacin	-	0.201	0.006	8	A	1				
Pantothenic acid	•	0.386	0.006	5	A	1				
Vitamin B-6		0.050	0.002	8	A	1				
Folate, total		9		0	BFNN	4				
Folic acid		0		0	Z	7				
Folate, food		9		0	BFNN	4				
Folate, DFE		9		0	NC	-				
Choline, total		33.4		0	BFNN	4				
Betaine		0.64	0.020	_		1				
Vitamin B-12			0.030	5	A					
Vitamin B-12, added		0.00		0	Z	7				
Vitamin A, RAE		110		0	NC	4				
Retinol		110 3		0	BFNN BFNN	4 4				
Carotene, beta		0		0		7				
Carotene, alpha		0		0	z z	7				
Cryptoxanthin, beta		0 371		0	NC	4				
Vitamin A, IU		0		0	NC Z	7				
Lycopene		0		0	Z	7				
Lutein + zeaxanthin		0.02		0	BFNN	4				
Vitamin E (alpha-tocopherol)	-	0.02		0	BFNN Z	4 7				
Vitamin E, added		0.00		J	4	,				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha Tocotrienol, beta										
	HILL									

Amount in 100 grams of edible portion Num ber

Code

Measure 1

Amount in edible portion of common measures of food

Measure 2

Measure 3

of Data Deriv Source Confidence Std. Error Points Code Code **Nutrients and Units** Mean Tocotrienol, delta.....mg 0.9 1 Vitamin D (D2 + D3).....µg AS 35 2 A 1 Vitamin K (phylloquinone)......µg BFNN 4 0.2 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 1.465 0 NC 4 0.083 3 A 1 4:0.....g 0.021 6:0.....g 3 Α 1 8:0.....g 0.036 3 Α 1 0.219 3 1 10:0.....g Α 0.102 3 A 1 13:0.....g 0.177 3 Α 1 14:0.....g 3 0.033 А 1 15:0......g 0.568 3 А 1 0.012 3 17:0.....g Α 1 18:0.....g 0.215 3 Α 1 0.000 3 Α 1 20:0.....g 0.000 3 А 1 0.000 Α 1 Fatty acids, total monounsaturated......g 0.846 0 NC 4 0.011 A 1 14:1.....g 0.000 3 Α 1 16:1 undifferentiated.......Q 0.016 AS 1 16:1 c.....g 0.016 3 Α 1 16:1 t.....g 0.000 3 Α 1 0.000 3 Α 1 0.398 3 AS 1 18:1 c.....g 0.360 3 Α 1 0.038 Α 1 18:1-11 t (18:1t n-7)......g 0.005 3 A 20:1.....g 0.000 3 1 22:1 undifferentiated......g AS 0.000 22:1 c.....g 3 А 1 0.000 22:1 t.....g 3 Α 1 0.000 3 0.203 0 NC 4 Fatty acids, total polyunsaturated............9 0.094 3 AS 1 18:2 undifferentiated......g 18:2 n-6 c,c....g 0.094 3 Α 1 0.000 3 1 18:2 CLAs.....g 18:2 t,t.....g 18:2 i.....g 0.000 3 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.005 3 AS 1 0.005 3 1 18:3 n-3 c,c,c (ALA)......g А 0.000 3 Α 1 18:3 n-6 c,c,c......g 0.000 18:3i......g 3 1 Α 18:4.....g 0.000 3 А 1 0.000 3 Α 1 20:2 n-6 c.c.....g 20:3 undifferentiated.....g 0.000 3 AS 1 0.000 3 1 20:3 n-3.....g Α 20:3 n-6.....g 0.000 3 Α 1 0.004 3 1 20:4 undifferentiated......g Α 20:4 n-6.....g 0.000 Α 1 21:5.....g 0.000 А 1 0.000 22:5 n-3 (DPA)......g 3 Α 1 0.000 22:6 n-3 (DHA)......g 3 A 1 0.000 0 8 Fatty acids, total trans......g 0.038 NC 4 Fatty acids, total trans-monoenoic......g 0

	<u>Am our</u>	nt in 100 grams	Amount in edible portion of common						
	Number					measures of food			
Nutrients and Units	Mean Std	of Data I. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total trans-polyenoicg Cholesterolmg Phytosterolsmg	0.000 5	0	NC	<u>4</u> 8					
Others:									
Alcohol, ethylg	0.0	0	Z	7					
Caffeinemg	0	0	Z	7					
Theobrominemg	0	0	Z	7					

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amou	int in 100 gr		Amount in edible portion of common					
				ber		_		<u>m</u>	easures of fo	<u>ou</u>
						Source	Confidence			
Nutrients and Un	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	80.26	0.146	15	A	1		120.39		
Energy		78	0.140	0	NC	4		116		
		325		0	NC	4		488		
Energy			0.050			1				
Protein		8.64	0.052		A	1		12.96		
Total lipid (fat)		0.18	0.019	15	A			0.27		
Ash		0.55	0.011		A	1		0.83		
Carbohydrate, by difference		10.37		0	NC	4		15.55		
Fiber, total dietary		0.5		3	A -	1		0.7		
Sugars, total		9.54	0.206	8	A	1		14.31		
Sucrose		4.07	0.138	8	A	1		6.10		
Glucose (dextrose)		0.32	0.066	8	A	1		0.48		
Fructose	g	1.92	0.053	8	A	1		2.88		
Lactose		2.63	0.034	8	A	1		3.94		
Maltose	g	0.00	0.000	8	A	1		0.00		
Galactose	g	0.60	0.013	8	A	1		0.90		
Starch	g	0.00		3	A	1		0.00		
Minerals:										
Calcium, Ca	mg	99	0.727	15	A	1		149		
Iron, Fe		0.04	0.002	15	A	1		0.06		
Magnesium, Mg		10	0.060	15	A	1		15		
Phosphorus, P		119		15	A	1		179		
Potassium, K		123	1.720	15	A	1		185		
Sodium, Na		34	0.802	15	A	1		51		
Zinc, Zn		0.46	0.006	15	A	1		0.68		
Copper, Cu		0.018	0.001	15	A	1		0.027		
Manganese, Mn		0.008	0.000	15	A	1		0.013		
Selenium, Se	µg	9.7	0.154	8	A	1		14.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	0	4		0.0		
Thiamin	mg	0.042		0		1		0.063		
Riboflavin	mg	0.240	0.020	8	A	1		0.359		
Niacin	mg	0.201	0.006	8	A	1		0.301		
Pantothenic acid	mg	0.386	0.006	5	A	1		0.578		
Vitamin B-6	mg	0.050	0.002	8	A	1		0.075		
Folate, total	µg	11		0		1		16		
Folic acid		0		0	Z	7		0		
Folate, food	µg	11		0		1		16		
Folate, DFE		11		0	NC	4		16		
Choline, total		15.2		0	BFZN	4		22.8		
Betaine										
Vitamin B-12	µg	0.64	0.030	5	A	1		0.96		
Vitamin B-12, added	µg	0.00		0	z	7		0.00		
Vitamin A, RAE	µg	0		0	AS	1		0		
Retinol	µg	0		0	0	4		0		
Carotene, beta	µg	0		0	z	7		0		
Carotene, alpha	µg	0		0	z	7		0		
Cryptoxanthin, beta		0		0	Z	7		0		
Vitamin A, IU		0		0	NC	4		0		
Lycopene		0		0	Z	7		0		
Lutein + zeaxanthin		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFZN	4		0.03		
Vitamin E, added		0.00		0	z	7		0.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Tocotrienol, delta.....mg 0.9 2 1 1.3 Vitamin D (D2 + D3).....µg AS 35 2 A 1 53 BFZN 4 Vitamin K (phylloquinone)......µg 0.1 0.1 Dihydrophylloquinone......µg Menaquinone-4......µg Lipids: Fatty acids, total saturated.....g 0.133 0 NC 4 0.200 0.008 3 1 0.011 4:0.....g Α 0.002 0.003 6:0.....g 3 Α 1 8:0.....g 0.003 3 Α 1 0.005 0.020 3 1 0.030 10:0.....g Α 0.009 3 A 1 0.014 13:0.....g 0.016 3 Α 1 0.024 14:0.....g 0.003 3 0.005 А 1 15:0.....g 0.052 3 А 1 0.078 0.001 0.002 3 17:0.....g Α 1 18:0.....g 0.020 3 Α 1 0.029 0.000 3 Α 1 0.000 20:0.....g 0.000 3 Α 1 0.000 0.000 0.000 3 Α 1 Fatty acids, total monounsaturated......g 0.039 0 NC 4 0.059 0.001 3 A 1 0.002 14:1......g 0.000 3 Α 1 0.000 16:1 undifferentiated.......Q 0.002 AS 1 0.002 0.002 3 Α 1 0.002 16:1 c.....g 16:1 t.....g 0.000 3 Α 1 0.000 0.000 3 Α 1 0.000 0.036 3 AS 1 0.054 18:1 c.....g 0.033 3 Α 1 0.049 0.004 Α 1 0.005 18:1-11 t (18:1t n-7)......g 0.001 3 A 0.001 20:1.....g 0.000 3 1 22:1 undifferentiated.....g AS 0.000 0.000 22:1 c.....g 3 Α 1 0.000 0.000 22:1 t.....g 3 Α 1 0.000 0.000 0.000 3 0.009 0 NC 4 0.014 0.009 1 18:2 undifferentiated......g 3 AS 0.013 18:2 n-6 c,c....g 0.009 3 Α 1 0.013 0.000 3 1 18:2 CLAs.....g 0.000 18:2 t,t.....g 18:2 i.....g 0.000 0.000 3 1 18:2 t not further defined.......Q Α 18:3 undifferentiated......g 0.001 3 AS 1 0.001 0.001 3 1 18:3 n-3 c,c,c (ALA)......g А 0.001 0.000 3 Α 1 0.000 18:3 n-6 c,c,c......g 0.000 0.000 18:3i......g 3 1 Α 18:4.....g 0.000 3 А 1 0.000 0.000 3 Α 1 0.000 20:3 undifferentiated.....g 0.000 3 AS 1 0.000 0.000 3 0.000 1 20:3 n-3.....g Α 20:3 n-6.....g 0.000 3 Α 1 0.000 0.000 3 1 20:4 undifferentiated......g Α 0.001 20:4 n-6.....g 0.000 Α 1 0.000 21:5.....g 0.000 0.000 3 А 1 0.000 22:5 n-3 (DPA).....g 3 Α 1 0.000 0.000 22:6 n-3 (DHA)......g 3 Α 1 0.000 0.004 0 NC 4 0.005 Fatty acids, total trans......g 0.004 NC 4 Fatty acids, total trans-monoenoic......g 0.005

	Amount in	100 grams	of edi	Amount in edible portion of common				
		Number				<u>m</u>	easures of fo	<u>od</u>
Nutrients and Units	Mean Std. Err				Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoicg	0.000	0	NC	4		0.000		
Cholesterolmg	3	0	0	4		5		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.028	0		1		0.042		
Threonine	0.202	0		1		0.303		
Isoleucineg	0.269	0		1		0.404		
Leucineg	0.497	0		1		0.746		
Lysineg	0.442	0		1		0.663		
Methionineg	0.145	0		1		0.218		
Cystineg	0.045	0		4		0.068		
Phenylalanineg	0.269	0		1		0.404		
Tyrosineg	0.249	0		1		0.374		
Valineg	0.408	0		1		0.612		
Arginineg	0.148	0		1		0.222		
Histidineg	0.122	0		1		0.183		
Alanineg	0.211	0		1		0.317		
Aspartic acidg	0.391	0		1		0.587		
Glutamic acidg	0.965	0		1		1.448		
Glycineg	0.119	0		1		0.179		
Prolineg	0.584	0		1		0.876		
Serineg	0.305	0		1		0.458		
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0	0	z	7		0.0		
Caffeine mg	0	0	z	7		0		
Theobrominemg	0	0	z	7		0		

Common Measures:

Measure 1 = 150g: 1 container (5.3 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

		<u>Am our</u>	nt in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Num be	r				easures of fo		
					Source (Confidence				
Nutrients and Ur	nits	Mean Std	I. Error Points			Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	71 57	0	NG.	4		101 67			
Water	-	71.57	0	NC	4 9		121.67			
Energy		112	0	MC			190			
Energy		469	0	MC	9		797			
Protein	-	3.53	0	MC	9		6.00			
Total lipid (fat)	_	0.00	0	MC	9		0.00			
Ash	-	1.37	0	RA	4		2.33			
Carbohydrate, by difference		23.53	0	MC	9		40.00 2.0			
Fiber, total dietary		1.2	-	MC	9					
Sugars, total		14.97	0	BFNN	4		25.44			
Starch	g									
Minerals:		22	_		•		150			
Calcium, Ca	_	88	0	MC	9		150			
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.42	0	MC	9		0.71			
Magnesium, Mg		40 166	0	RA Ba	4 4		68 282			
Phosphorus, P		166 339	0	RA RA	4		282 576			
Potassium, K Sodium, Na		135	0	MC	9		230			
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.13	0	RA.	4		1.92			
Copper, Cu		0.209	0	RA RA	4		0.355			
Manganese, Mn		0.203	v	M	-		0.333			
Selenium, Se		7.0	0	BFNN	4		11.9			
,		,,,,	· ·		-					
Vitamins:					•					
Vitamin C, total ascorbic acid	_	0.0	0	MC	9		0.0			
Thiamin	_	0.047	0	RA	4		0.080			
Riboflavin	_	0.215	0	RA	4		0.366			
Niacin	_	0.223	U	RA	4		0.379			
Pantothenic acid Vitamin B-6		0.047	0	RA	4		0.080			
Folate, total	_	12	0	RA RA	4		20			
Folic acid		0	0	Z	7		0			
Folate, food		12	0	RA	4		20			
Folate, DFE		12	0	NC	4		20			
Choline, total		15.2	0	T	4		25.8			
Betaine										
Vitamin B-12	_	0.50	0	RA	4		0.85			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		0	0	NC	4		0			
Retinol		0	0	BFFN	4		0			
Carotene, beta		0	0	BFFN	4		0			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU		0	0	MC	9		0			
Lycopene		0	0	z	7		0			
Lutein + zeaxanthin		0	0	z	7		0			
Vitamin E (alpha-tocopherol)		0.00	0	BFFN	4		0.00			
Vitamin E, added		0.00	0	Z	7		0.00			
Tocopherol, beta	g									
Tocopherol, gamma										
Tocopherol, delta	_									
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma										
Tocotrienol, delta			=		_					
Vitamin D (D2 + D3)		0.0	0	Z	7		0.0			
Vitamin D		0	0	Z	7		0			
Vitamin K (phylloquinone)		0.0	0	BFFN	4		0.0			
Dihydrophylloquinone										
Menaquinone-4	µg									

	Amount in		Amount in edible portion of common measures of food					
		Number			<i>.</i>	<u></u>	easures or roc	<u> </u>
Nutrients and Units	Mean Std. Err	or Points		Source Col Code	ntidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>	0.000	•		•				
Fatty acids, total saturated	0.000	0	MC	9		0.000		
4:0g	0.000	0	RA	4		0.000		
6:0g	0.000	0	RA	4		0.000		
8:0g	0.000	•	RA	4		0.000		
10:0g	0.000	0	RA	4		0.000		
12:0g	0.000	0	RA	4		0.000		
13:0g	0.000	0	RA	4		0.000		
14:0g	0.000	U	RA	4		0.000		
15:0g	0.000	0	RA	4		0.000		
16:0g	0.000	U	RA	4		0.000		
17:0g	0.000	0	RA	4		0.000		
18:0g	0.000	U	RA	4		0.000		
20:0g 22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	RA	4		0.000		
14:1g	0.000	Ū	ICA	-		0.000		
15:1g								
16:1 undifferentiated	0.000	0	RA	4		0.000		
17:1g	0.000	Ū	ICA	-		0.000		
18:1 undifferentiated	0.000	0	RA	4		0.000		
20:1g	0.000	0	RA	4		0.000		
22:1 undifferentiated	0.000	0	RA	4		0.000		
24:1 cg	0.000	ŭ		-		0.000		
Fatty acids, total polyunsaturatedg	0.000	0	RA	4		0.000		
18:2 undifferentiated	0.000	0	RA	4		0.000		
18:3 undifferentiatedg	0.000	0	RA	4		0.000		
18:4g	0.000	0	RA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	RA	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RA	4		0.000		
Fatty acids, total transg								
Cholesterolmg	1	0	RA	4		2		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	2	0	BFZN	4		3		
Theobrominemg	23	0	BFZN	4		39		

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

		Amount	in 100 grams	or ear	ne portio	<u>n</u>	Amount in edible portion of common			
			Number				measures of food			
					Source C	onfidence				
Nutrients and Un	ite	Mean Std. I	rror Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and on	11.5	Mean ota.	3101				weasure i	WCasure 2	measure .	
Proximates:										
Water	g	71.57	0	NC	4		121.67			
Energy	kcal	112	0	MC	9		190			
Energy	kJ	469	0	MC	9		797			
Protein	g	3.53	0	MC	9		6.00			
Total lipid (fat)	g	0.00	0	MC	9		0.00			
Ash	g	1.37	0	RA	4		2.33			
Carbohydrate, by difference	g	23.53	0	MC	9		40.00			
Fiber, total dietary		1.2	0	MC	9		2.0			
Sugars, total	g	14.97	0	BFNN	4		25.44			
Starch										
	_									
Minerals:		_								
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	88	0	MC	9		150			
Iron, Fe		0.42	0	MC	9		0.71			
Magnesium, Mg	-	40	0	RA	4		68			
Phosphorus, P		166	0	RA	4		282			
Potassium, K	-	339 135	0	RA	4 9		576 230			
Sodium, Na	-	1.13	0	MC RA	4		1.92			
Zinc, Zn	-	0.209	0	RA RA	4		0.355			
Copper, Cu		0.209	U	KA	*		0.355			
Selenium, Se	-	7.0	0	BFNN	4		11.9			
•	P9	7.0	v	Drin	-		11.5			
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0	MC	9		0.0			
Thiamin	-	0.047	0	RA	4		0.080			
Riboflavin	mg	0.215	0	RA	4		0.366			
Niacin	-	0.223	0	RA	4		0.379			
Pantothenic acid	-									
Vitamin B-6	-	0.047	0	RA	4		0.080			
Folate, total		12	0	RA	4		20			
Folic acid		0	0	Z	7		0			
Folate, food		12	0	RA	4		20			
Folate, DFE		12	0	NC	4		20			
Choline, total		15.2	0	T	4		25.8			
Betaine	-	0.50	•				0.05			
Vitamin B-12		0.50	0	RA	4		0.85			
Vitamin B-12, added		0.00 0	0	Z NC	7 4		0.00			
Vitamin A, RAE		0	0	BFFN	4		0			
reunoi		0	0		4		0			
Carotene, beta		0		BFFN	7		0			
Carotene, alpha		0	0	Z Z	7		0			
Cryptoxanthin, beta		0	0	MC	9		0			
Vitamin A, IU Lycopene		0	0	MC Z	9 7		0			
Lutein + zeaxanthin		0	0	Z	7		0			
Vitamin E (alpha-tocopherol)		0.00	0	BFFN	4		0.00			
Vitamin E (alpha-tocopheror)		0.00	0	Z	7		0.00			
Tocopherol, beta	-	0.00	Ü	-	•		0.00			
Tocopherol, gamma										
Tocopherol, delta	-									
Tocotrienol, alpha	-									
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		1.2	0	AS	1		2.0			
Vitamin D		47	0	NR	4		80			
Vitamin K (phylloquinone)		0.0	0	BFFN	4		0.0			
Dihydrophylloquinone		- · · ·	-				-			
Menaquinone-4										

	Amount in	100 grams	Amount in edible portion of common					
		Num be	r			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source C	onfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	0.000	0	MC	9		0.000		
4:0g	0.000	0	RA	4		0.000		
6:0g	0.000	0	RA	4		0.000		
8:0g	0.000	0	RA	4		0.000		
10:0g	0.000	0	RA	4		0.000		
12:0g	0.000	0	RA	4		0.000		
13:0g								
14:0g	0.000	0	RA	4		0.000		
15:0g								
16:0g	0.000	0	RA	4		0.000		
17:0g								
18:0g	0.000	0	RA	4		0.000		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.000	0	RA	4		0.000		
14:1g								
15:1g								
16:1 undifferentiatedg	0.000	0	RA	4		0.000		
17:1g	0.000	•						
18:1 undifferentiatedg	0.000	0	RA	4		0.000		
20:1g	0.000	0	RA	4		0.000		
22:1 undifferentiatedg	0.000	0	RA	4		0.000		
24:1 cg	0.000	0		4				
Fatty acids, total polyunsaturatedg	0.000	0	RA RA	4		0.000		
18:2 undifferentiatedg 18:3 undifferentiatedg	0.000	0	RA RA	4		0.000		
	0.000	0	RA RA	4		0.000		
18:4g	0.000	U	RA	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:3 undifferentiatedg 20:4 undifferentiatedg	0.000	0	RA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	RA.	4		0.000		
` /	0.000	U	KA.	-		0.000		
21:5g 22:4g								
22:5 n-3 (DPA)g	0.000	0	RA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RA.	4		0.000		
Fatty acids, total trans	0.000	U	M	-		0.000		
Cholesterolg	1	0	RA	4		2		
Phytosterolsmg	±	U	NA.	-		2		
1 11/10/5101015								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	2	0	BFZN	4		3		
Theobrominemg	23	0	BFZN	4		39		

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am</u>	ount in 10	0 grams	of edi	ble portio	<u>n</u>	Amount in e	dible portion	of common
				Number					easures of fo	
						Source (Confidence			
Nutrients and U	nits	Mean	Std. Error				Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.50)	0	RA	4		49.98		
Energy		104		0	RA	4		70		
Energy		433		0	RA	4		295		
Protein	=	4.40		0	RA	4		2.99		
Total lipid (fat)		0.80		0	RA	4		0.54		
Ash	_	1.60		0	RA	4		1.09		
Carbohydrate, by difference		19.70)	0	RA	4		13.40		
Fiber, total dietary		2.0		0	RA	4		1.4		
Sugars, total		12.61	-	0	RA	4		8.57		
Starch	g									
Minerals:	ma	150				4		100		
Calcium, Ca	-	159 0.04	ı	0	RA RA	4 4		108 0.03		
Iron, Fe		40	i.	0	RA RA	4		0.03 27		
Phosphorus, P	-	129		0	RA RA	4		88		
Potassium, K		339		0	RA	4		231		
Sodium, Na		81		0	RA	4		55		
Zinc, Zn	-	0.49)	0	RA	4		0.33		
Copper, Cu	-	0.20		0	RA	4		0.138		
Manganese, Mn										
Selenium, Se	-	2.8		0	RA	4		1.9		
,										
Vitamins:						_				
Vitamin C, total ascorbic acid	_	0.7	_	0	RA	4		0.5		
Thiamin		0.04		0	RA	4		0.027		
Riboflavin	-	0.18		0	RA	4		0.122		
Niacin	-	0.20	10	0	RA	4		0.136		
Pantothenic acid		0.04	0	0		4		0.027		
Vitamin B-6	-	12	:0	0	RA RA	4		8		
Folic acid		0		0	RA.	4		0		
Folate, food		12		0	RA	4		8		
Folate, DFE		12		0	NC	4		8		
Choline, total		3.1		0	RA	4		2.1		
Betaine		***		•		-				
Vitamin B-12	-	0.49)	0	RA	4		0.33		
Vitamin B-12, added		0.00		0	RA	4		0.00		
Vitamin A, RAE		2		0	NC	4		1		
Retinol		_ 1		0	RA	4		_ 1		
Carotene, beta		8		0	RA	4		5		
Carotene, alpha		0		0	RA	4		0		
Cryptoxanthin, beta		0		0	RA	4		0		
Vitamin A, IU		17		0	NC	4		11		
Lycopene		0		0	RA	4		0		
Lutein + zeaxanthin		0		0	RA	4		0		
Vitamin E (alpha-tocopherol)		0.08	}	0	RA	4		0.06		
Vitamin E, added		0.00)	0	RA	4		0.00		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)		0.0		0	RA	4		0.0		
Vitamin D		0		0	RA	4		0		
Vitamin K (phylloquinone)	µg	0.3		0	RA	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4										

	Amount in				edible portion			
		Numbe				<u>m</u>	easures of foo	<u>oa</u>
Nutrients and Units	Mean Std. Er	of Data ror Points			Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:								
Fatty acids, total saturated	0.488	0	RA	4		0.332		
4:0g	0.027	0	RA	4		0.018		
6:0g	0.009	0	RA	4		0.006		
8:0g	0.009	0	RA	4		0.006		
10:0	0.018	0	RA	4		0.012		
12:0g	0.009	0	RA	4		0.006		
13:0g								
14:0g	0.071	0	RA	4		0.048		
15:0g								
16:0g	0.241	0	RA	4		0.164		
17:0g								
18:0g	0.104	0	RA	4		0.071		
20:0g								
22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.205	0	RA	4		0.139		
14:1g								
15:1g								
16:1 undifferentiatedg	0.018	0	RA	4		0.012		
17:1g								
18:1 undifferentiatedg	0.187	0	RA	4		0.127		
20:1g	0.000	0	RA	4		0.000		
22:1 undifferentiatedg	0.000	0	RA	4		0.000		
24:1 cg								
Fatty acids, total polyunsaturated	0.030	0	RA	4		0.020		
18:2 undifferentiatedg	0.021	0	RA	4		0.014		
18:3 undifferentiated	0.009	0	RA	4		0.006		
18:4g	0.000	0	RA	4		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0	RA	4		0.000		
20:5 n-3 (EPA)g	0.000	0	RA	4		0.000		
21:5g								
22:4g								
22:5 n-3 (DPA)g	0.000	0	RA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RA	4		0.000		
Fatty acids, total transg								
Cholesterolmg	4	0	RA	4		3		
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0	RA	4		0.0		
Caffeineg	0	0	KA Z	7		0.0		
-	0	0	Z	7		0		
Theobrominemg	U	U	Z	7		U		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: .5 cup

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in	100 graffis	or ear	ne porti	<u>1011</u>	Amount in edible portion of common			
			Number	•			<u>m</u>	easures of fo	od	
					Source	Confidence				
Nutrionto and Un	ito	Mean Std. Er	ror Points			Code	Magaura 1	Magaura 2	Measure	
Nutrients and Un	iits	Mean Std. Er	ror i oiits	Oout	oout	Ooue	Measure 1	Measure 2	weasure .	
Duarimotoge										
Proximates: Water	а	68.08	0	NR	4					
Energy		139	0	NC	4					
Energy		579	0	NC	4					
Protein		8.00	0	NC	8					
Total lipid (fat)		2.50	0		8					
Ash		0.42	0	BFFN	4					
Carbohydrate, by difference	_	21.00	0	NC	4					
• •		0.0	0	NC	8					
Fiber, total dietary		21.00	0		8					
Sugars, total		21.00	U		0					
Starch	g									
Minerals:										
Calcium, Ca	ma	200	0		8					
Iron, Fe		0.00	0		8					
Magnesium, Mg		7	0	BFFN	4					
Phosphorus, P		62	0	BFFN	4					
Potassium, K		108	0	BFFN	4					
Sodium, Na	<u>mg</u>	45	0		8					
Zinc, Zn	mg	0.19	0	BFFN	4					
Copper, Cu	mg	0.006	0	BFFN	4					
Manganese, Mn	mg									
Selenium, Se	µg	1.3	0	BFFN	4					
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	0		8					
Thiamin	_	0.028	0	BFFN	4					
Riboflavin		0.125	0	BFFN	4					
Niacin	-	0.049	0	BFFN	4					
Pantothenic acid	-	0.019	v	DITM	-					
Vitamin B-6	_	0.028	0	BFFN	4					
Folate, total	-	3	0	BFFN	4					
Folic acid		0	0	BFFN	4					
Folate, food		3	0	BFFN	4					
Folate, DFE		3	0	NC	4					
Choline, total		16.0	0	BFFN	4					
Betaine		2000	· ·		-					
Vitamin B-12	-	0.05	0	BFFN	4					
Vitamin B-12, added		0.00	0	BFFN	4					
Vitamin A, RAE		34	0	BFFN	4					
Retinol		34	0	BFFN	4					
Carotene, beta		6	0	BFFN	4					
Carotene, alpha		0	0	BFFN	4					
Cryptoxanthin, beta		0	0	BFFN	4					
Vitamin A, IU		122	0	NC	4					
Lycopene		0	0	BFFN	4					
Lutein + zeaxanthin		0	0	BFFN	4					
Vitamin E (alpha-tocopherol)		0.06	0	BFFN	4					
Vitamin E, added		0.00	0	BFFN	4					
Tocopherol, beta		*	·		-					
Tocopherol, gamma										
Tocopherol, delta	-									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	BFFN	4					
Vitamin D		2	0	NR	4					
Vitamin K (phylloquinone)		0.2	0	BFFN	4					
Dihydrophylloquinone		7. -	J		-					
Menaquinone-4										

Nutrients and Units Nutrients and Units Nutrients and Units Nutrients and Units Std. Error Points Code Code Code Code Neasure 1 Neasure 2 Neasure 3			<u>An</u>	nount in 1	00 grams		dible portion				
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3					Number				<u>m</u>	easures of foo	<u>od</u>
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3					of Data	Deriv	Source	Confidence			
Firty acids, total saturated	Nutrients and Units	s	Mean	Std. Erro					Measure 1	Measure 2	Measure 3
Firty acids, total saturated											
Firty acids, total saturated	Lipids:										
4-0		g	1.5	09	0	NC	4				
60	•		0.0	77	0	BFFN	4				
10-0.		-	0.0	54	0	BFFN	4				
12-0	8:0	g	0.0	31	0	BFFN	4				
13-0	10:0	g	0.0	69	0	BFFN	4				
14-0	12:0	g	0.0	85	0	BFFN	4				
15-0. 9	13:0	g									
16.0	14:0	g	0.2	62	0	BFFN	4				
17:0	15:0	g									
18-0	16:0	g	0.6	85	0	BFFN	4				
20:0	17:0	g									
22:0		-	0.2	47	0	BFFN	4				
24:0	20:0	g									
Fatty acids, total monounsaturated		-									
14:1		-									
15:1			0.6	85	0	BFFN	4				
16:1 undifferentiated											
17:1		-									
18:1 undifferentiated			0.0	54	0	BFFN	4				
20:1		-									
22:1 undifferentiated											
24:1 c					-						
Fatty acids, total polyunsaturated. 9 0.069 0 BFFN 4 18:2 undifferentiated. 9 0.047 0 BFFN 4 18:3 undifferentiated. 9 0.023 0 BFFN 4 18:4		•	0.0	000	0	BFFN	4				
18:2 undifferentiated		_									
18:3 undifferentiated.											
18:4											
20:2 n-6 c,c		-									
20:3 undifferentiated			0.0	100	U	BFFN	4				
20:4 undifferentiated g 0.000 0 BFFN 4 20:5 n-3 (EPA) g 0.000 0 BFFN 4 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 BFFN 4 22:6 n-3 (DHA) g 0.000 0 BFFN 4 Fatty acids, total trans g 0.000 0 8 Cholesterol mg 45 0 8 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 BFFN 4 Caffeine mg 0 0 BFFN 4	The state of the s	-									
20:5 n-3 (EPA) g 0.000 0 BFFN 4 21:5 g 22:4 g 22:5 n-3 (DPA) g 0.000 0 BFFN 4 22:6 n-3 (DHA) g 0.000 0 BFFN 4 Fatty acids, total trans g 0.000 0 BFFN 4 Fatty acids, total trans g 0.000 0 8 Cholesterol mg 45 0 8 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 BFFN 4 Caffeine mg 0 0 0 BFFN 4			0 0	.00	0	DEEN	4				
21:5											
22:4			0.0	.00	U	DFFN	-				
22:5 n-3 (DPA) g 0.000 0 BFFN 4 22:6 n-3 (DHA) g 0.000 0 BFFN 4 Fatty acids, total trans g 0.000 0 8 Cholesterol mg 45 0 8 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 BFFN 4 Caffeine mg 0 0 BFFN 4											
22:6 n-3 (DHA) g 0.000 0 BFFN 4 Fatty acids, total trans g 0.000 0 8 Cholesterol mg 45 0 8 Phytosterols mg Others: Alcohol, ethyl g 0.0 0 BFFN 4 Caffeine mg 0 0 BFFN 4		-	0.0	00	0	BFFN	4				
Fatty acids, total trans. g 0.000 0 8 Cholesterol. mg 45 0 8 Phytosterols. mg Others: Alcohol, ethyl. g 0.0 0 BFFN 4 Caffeine. mg 0 0 BFFN 4											
Cholesterol											
Others: Mg Alcohol, ethyl		-									
Others: State of the state of		_	-3		•		-				
Alcohol, ethyl	•										
Caffeinemg 0 0 BFFN 4		a	0 0		0	BEEN	4				
	, ,	_									
		_									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in	ou grains	or eun	ole portion	Amount in edible portion of common			
			Number	•		<u>m</u>	easures of fo	od_	
					Source Confidence	:e			
Nutrients and Un	ite	Mean Std. Erre	or Points		Code Code	Measure 1	Measure 2	Measure	
Nutrients and on		Mean Ota. ET	J			Wedsure 1	Wedsure 2	incasure .	
Proximates:									
Water	g	75.40	0		4	128.18	94.25	184.73	
Energy	kcal	95	0	NC	4	162	119	234	
Energy	kJ	399	0	NC	4	679	499	978	
Protein		4.40	0		4	7.48	5.50	10.78	
Total lipid (fat)		0.20	0		4	0.34	0.25	0.49	
Ash		1.00	0	NR	4	1.70	1.25	2.45	
Carbohydrate, by difference	g	19.00	0		4	32.30	23.75	46.55	
Fiber, total dietary		0.0	0		7	0.0	0.0	0.0	
Sugars, total		19.00	0	NR	4	32.30	23.75	46.55	
Starch									
Minerals:									
Calcium, Ca	-	152	0		4	258	190	372	
Iron, Fe	-	0.07	0		4	0.12	0.09	0.17	
Magnesium, Mg		15	0		4	26	19	37	
Phosphorus, P		119	0		4	202	149	292	
Potassium, K	-	194	0		4	330	243	475	
Sodium, Na		58	0		4	99	73	142	
Zinc, Zn	-	0.74	0		4 4	1.26	0.93	1.81 0.02	
Copper, Cu	-	0.011 0.035	0	RA	4	0.019 0.059	0.014 0.043	0.02	
Manganese, Mn Selenium, Se	-	6.0	0	BFNN	4	10.2	7.5	14.7	
Selenium, Se	µg	6.0	U	BFNN	4	10.2	7.5	14./	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.7	0		4	1.2	0.9	1.7	
Thiamin	mg	0.040	0		4	0.068	0.050	0.09	
Riboflavin	mg	0.180	0		4	0.306	0.225	0.44	
Niacin	mg	0.100	0		4	0.170	0.125	0.24	
Pantothenic acid	mg								
Vitamin B-6	mg	0.040	0		4	0.068	0.050	0.09	
Folate, total	µg	9	0		4	15	11	22	
Folic acid	µg	0	0	RA	4	0	0	0	
Folate, food	µg	9	0		4	15	11	22	
Folate, DFE	µg	9	0	NC	4	15	11	22	
Choline, total		16.4	0	AS	1	27.8	20.4	40.1	
Betaine		0.7	1	A	1	1.2	0.9	1.7	
Vitamin B-12		0.47	0		4	0.80	0.59	1.15	
Vitamin B-12, added		0.00	0	Z	7	0.00	0.00	0.00	
Vitamin A, RAE		2	0	NC	4	3	2	5	
Retinol	· -	2	0	RA	4	3	2	4	
Carotene, beta		4	0	RA	4	6	4	9	
Carotene, alpha		0	0	RA	4	0	0	0	
Cryptoxanthin, beta		0	0	RA	4	0	0	0	
Vitamin A, IU		12	0	NC	4	20	14	28	
Lycopene		0	0	RA	4	0	0	0	
Lutein + zeaxanthin		8	•	RA	4	14	10	20	
Vitamin E (alpha-tocopherol)		0.06	0	RA	4 7	0.10	0.07	0.15	
Vitamin E, added		0.00	0	Z	7	0.00	0.00	0.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Tocotrienol, alpha									
Tocotrienol, alpha Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	z	7	0.0	0.0	0.0	
Vitamin D		0	0	Z	7	0	0	0.0	
Vitamin K (phylloquinone)		1.1	0	RA	4	1.9	1.4	2.8	
Dihydrophylloquinone			Ū		-		1.1	2.0	
Menaquinone-4									

	<u>A</u>	m ou	nt in 10	0 grams	Amount in edible portion of common					
				Number					easures of foc	
Nutrients and Units	Mean	St				Source (Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>										
Fatty acids, total saturated4:0	•	119 009		0		4 4		0.202 0.015	0.149 0.011	0.292 0.022
6:0	•	001		0		4		0.013	0.001	0.022
8:0	-	002		0		4		0.003	0.003	0.005
10:0	•	004		0		4		0.007	0.005	0.010
12:0	•	003		0		4		0.005	0.004	0.007
14:0	-	017		0		4		0.029	0.021	0.042
15:0	-									
16:0	•	055		0		4		0.094	0.069	0.135
17:0 18:0	•	019		0		4		0.032	0.024	0.047
20:0		019		U		-		0.032	0.024	0.047
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	•	050		0		4		0.085	0.063	0.123
15:1										
16:1 undifferentiated	•	007		0		4		0.012	0.009	0.017
17:1	-									
18:1 undifferentiated	-	041 000		0		4 4		0.070	0.051	0.100 0.000
20:1 22:1 undifferentiated	-	000		0		4		0.000	0.000 0.000	0.000
24:1 c	•			•		-		0.000	01000	01000
Fatty acids, total polyunsaturated	g 0.	016		0		4		0.027	0.020	0.039
18:2 undifferentiated	.0	010		0		4		0.017	0.013	0.025
18:3 undifferentiated	.0	006		0		4 4		0.010	0.008	0.015
18:4 20:2 n-6 c,c		000		U		4		0.000	0.000	0.000
20:3 undifferentiated										
20:4 undifferentiated	.g 0.	000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)	.0	000		0		4		0.000	0.000	0.000
21:5 22:4	•									
22:5 n-3 (DPA)	-	000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)	-	000		0		4		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol				0		4		3	3	5
Phytosterols	ing									
Amino Acids:										
Tryptophan Threonine	.0	028 202		0	RA RA	4 4		0.047 0.344	0.035 0.253	0.068 0.496
Isoleucine	•	269		0	RA RA	4		0.457	0.253	0.496
Leucine		496		0	RA	4		0.844	0.620	1.216
Lysine	.g 0.	439		0	RA	4		0.746	0.548	1.075
Methionine	•	145		0	RA	4		0.247	0.181	0.356
Cystine	•	045 270		0	RA RA	4 4		0.077 0.458	0.057 0.337	0.111 0.660
Phenylalanine Tyrosine	•	247		0	RA RA	4		0.420	0.309	0.605
Valine	•	407		0	RA	4		0.692	0.509	0.997
Arginine	•	151		0	RA	4		0.257	0.189	0.370
Histidine	•	122		0	RA	4		0.208	0.153	0.299
AlanineAspartic acid	•	212 394		0	RA RA	4 4		0.361 0.669	0.266 0.492	0.521 0.964
Glutamic acid	•	966		0	RA	4		1.642	1.207	2.366
Glycine	•	121		0	RA	4		0.206	0.152	0.297
Proline	.g 0.	581		0	RA	4		0.987	0.726	1.423
Serine	•	305		0	RA	4		0.518	0.381	0.747
Hydroxyproline	.y									
Others:		_				_				
Alcohol, ethyl	-	U		0	z	7 7		0.0	0.0 0	0.0 0
Carrellie	ing 0			U	4	,		U	J	J

NDB No. 43261 Yogurt, fruit variety, nonfat

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		<u>Am oun</u>	t in 100 gr	am s	ot eat	oie portio	<u>n</u>	Amount in edible portion of common			
			Nun	nber				<u>m</u>	easures of foo	<u>od</u>	
					Deriv	Source C	Confidence				
Nutrients and Uni	ite	Mean Std.	Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nati lents and on		Wear Ota						wcasarc i	Wedsure 2	wcasure .	
Proximates:											
Water	g	75.40		0		4		128.18	94.25	184.73	
Energy	kcal	95		0	NC	4		162	119	234	
Energy	kJ	399		0	NC	4		679	499	978	
Protein	g	4.40		0		4		7.48	5.50	10.78	
Total lipid (fat)	g	0.20		0		4		0.34	0.25	0.49	
Ash	g	1.00		0	NR	4		1.70	1.25	2.45	
Carbohydrate, by difference	g	19.00		0		4		32.30	23.75	46.55	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	0.0	
Sugars, total	g	19.00		0	NR	4		32.30	23.75	46.55	
Starch	g										
Minerals:											
Calcium, Ca	ma	152		0		4		258	190	372	
Iron, Fe	_	0.07		0		4		0.12	0.09	0.17	
Magnesium, Mg	_	15		0		4		26	19	37	
Phosphorus, P		119		0		4		202	149	292	
Potassium, K	mg	194		0		4		330	243	475	
Sodium, Na	<u>mg</u>	58		0		4		99	73	142	
Zinc, Zn	mg	0.74		0		4		1.26	0.93	1.81	
Copper, Cu	mg	0.011		0		4		0.019	0.014	0.02	
Manganese, Mn		0.035		0	RA	4		0.059	0.043	0.08	
Selenium, Se	µg	6.0		0	BFNN	4		10.2	7.5	14.7	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.7		0		4		1.2	0.9	1.7	
Thiamin	mg	0.040		0		4		0.068	0.050	0.09	
Riboflavin	mg	0.180		0		4		0.306	0.225	0.44	
Niacin	mg	0.100		0		4		0.170	0.125	0.24	
Pantothenic acid	-										
Vitamin B-6	_	0.040		0		4		0.068	0.050	0.09	
Folate, total		9		0		4		15	11	22	
Folic acid		0		0	RA	4		0	0	0	
Folate, food		9		0		4		15	11	22	
Folate, DFE		9 16.4		0	NC AS	4 1		15	11	22	
Choline, total Betaine		0.7		1	AS A	1		27.8 1.2	20.4 0.9	40.1 1.7	
	•	0.47		0	A	4		0.80	0.59	1.15	
Vitamin B-12Vitamin B-12, added		0.47		0	z	7		0.00	0.00	0.00	
Vitamin A, RAE		2		0	NC	4		3	2	5	
Retinol		2		0	RA	4		3	2	4	
Carotene, beta		4		0	RA	4		6	4	9	
Carotene, alpha		0		0	RA	4		0	0	0	
Cryptoxanthin, beta		0		0	RA	4		0	0	0	
Vitamin A, IU		12		0	NC	4		20	14	28	
Lycopene	µg	0		0	RA	4		0	0	0	
Lutein + zeaxanthin	µg	8		0	RA	4		14	10	20	
Vitamin E (alpha-tocopherol)	mg	0.06		0	RA	4		0.10	0.07	0.15	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta		1 3		4 5	7.0	1		2.2	1.	2.2	
Vitamin D (D2 + D3)		1.3	0 (22	45 45	AS	1		2.2	1.6	3.2	
Vitamin D		52 1.1	0.622	45 0	A RA	1 4		89 1.9	66	129	
Vitamin K (phylloquinone)		1.1		U	KA	*		1.9	1.4	2.8	
Dihydrophylloquinone	µy										

	<u>A</u>	mount in 10	0 grams	of edi	ble portion	Amount in edible portion of co				
			Number				easures of foo			
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Confidenc Code Code	e Measure 1	Measure 2	Measure 3		
Lipids:										
Fatty acids, total saturated	g 0	119	0		4	0.202	0.149	0.292		
4:0		.009	0		4	0.015	0.011	0.022		
6:0	0	.001	0		4	0.002	0.001	0.002		
8:0 10:0	-	.002 .004	0		4 4	0.003 0.007	0.003 0.005	0.005 0.010		
12:0		.003	0		4	0.007	0.003	0.010		
13:0	=									
14:0	g 0	017	0		4	0.029	0.021	0.042		
15:0	=									
16:0 17:0		.055	0		4	0.094	0.069	0.135		
18:0		.019	0		4	0.032	0.024	0.047		
20:0										
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		.050	0		4	0.085	0.063	0.123		
14:1 15:1										
16:1 undifferentiated		.007	0		4	0.012	0.009	0.017		
17:1	-									
18:1 undifferentiated	-	041	0		4	0.070	0.051	0.100		
20:1	-	.000	0		4	0.000	0.000	0.000		
22:1 undifferentiated	•	.000	0		4	0.000	0.000	0.000		
24:1 cFatty acids, total polyunsaturated	=	016	0		4	0.027	0.020	0.039		
18:2 undifferentiated		010	0		4	0.017	0.013	0.025		
18:3 undifferentiated		006	0		4	0.010	0.008	0.015		
18:4	g 0	.000	0		4	0.000	0.000	0.000		
20:2 n-6 c,c										
20:3 undifferentiated		.000	0		4	0.000	0.000	0.000		
20:4 undifferentiated 20:5 n-3 (EPA)		.000	0		4	0.000	0.000	0.000		
21:5			ŭ		-	0.000	0.000	0.000		
22:4	=									
22:5 n-3 (DPA)	0	.000	0		4	0.000	0.000	0.000		
22:6 n-3 (DHA)		.000	0		4	0.000	0.000	0.000		
Fatty acids, total trans			0		4	3	3	5		
CholesterolPhytosterols			U		*	3	3	5		
	9									
Amino Acids:	~ ^	000	•		4	0.045				
Tryptophan Threonine		.028 .202	0	RA RA	4 4	0.047 0.344	0.035 0.253	0.068 0.496		
Isoleucine		269	0	RA	4	0.457	0.336	0.659		
Leucine		496	0	RA	4	0.844	0.620	1.216		
Lysine	g 0	439	0	RA	4	0.746	0.548	1.075		
Methionine		145	0	RA	4	0.247	0.181	0.356		
Cystine		045	0	RA	4	0.077	0.057	0.111		
Phenylalanine Tyrosine		. 270 . 247	0 0	RA RA	4 4	0.458 0.420	0.337 0.309	0.660 0.605		
Valine		407	0	RA	4	0.420	0.509	0.997		
Arginine		151	0	RA	4	0.257	0.189	0.370		
Histidine		122	0	RA	4	0.208	0.153	0.299		
Alanine		212	0	RA	4	0.361	0.266	0.521		
Aspartic acid		394	0	RA	4	0.669	0.492	0.964		
Glutamic acid		.966 .121	0 0	RA RA	4 4	1.642 0.206	1.207 0.152	2.366 0.297		
Glycine Proline		.581	0	RA RA	4	0.206	0.152	1.423		
Serine		305	0	RA	4	0.518	0.381	0.747		
Hydroxyproline	=									
Others:										
Alcohol, ethyl	g 0.	. 0	0		7	0.0	0.0	0.0		
Caffeine			0	z	7	0	0	0		

Yogurt, fruit variety, nonfat, fortified with vitamin D

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

Nutrients and Uni Proximates: Water	its			Numl	ber					edible portion of the	
Proximates:	its			HUILI	measures of food						
Proximates:	its			of Da	ata De	riv	Source (Confidence			
		Mean	Std. Erro					Code	Measure 1	Measure 2	Measure 3
water	g	74.4	8 0	.610	26		1		126.62	182.48	169.07
Energy		102			0	NC	4		173	250	231
Energy		426			0	NC	4		725	1044	968
Protein (N x 6.38)		4.3	7 0	.026	26		1		7.43	10.71	9.92
Total lipid (fat)		1.0	8 0	.052	26		1		1.84	2.65	2.45
Ash		1.0	2 0	.027	12		1		1.73	2.50	2.32
Carbohydrate, by difference		19.0	5		0	NC	4		32.39	46.67	43.24
Fiber, total dietary		0.0			0		4		0.0	0.0	0.0
Sugars, total		19.0	5		0	NR	4		32.39	46.67	43.24
Starch											
Minerals:											
Calcium, Ca	_	152			0		1		258	372	345
Iron, Fe	_	0.0	7		0		1		0.12	0.17	0.16
Magnesium, Mg		15			0		1		25	36	33
Phosphorus, P		119			0		1		203	293	271
Potassium, K		195 58			0		1 1		331 99	477 143	442 133
Sodium, Na	_	0.7	4		0		1		1.26	1.81	1.68
Zinc, Zn Copper, Cu		0.7			0		1		0.136	0.196	0.18
Manganese, Mn		0.0			0		1		0.111	0.159	0.14
Selenium, Se		3.1				BFNN	4		5.3	7.6	7.0
,		312			-		-		3.5	, • •	, , ,
Vitamins:											
Vitamin C, total ascorbic acid	_	0.7			0		1		1.1	1.6	1.5
Thiamin	_	0.0			0		1		0.063	0.091	0.08
Riboflavin	_	0.1			0		1		0.303	0.436	0.40
Niacin	_	0.0			0		1		0.162	0.233	0.21
Pantothenic acid	_	0.4			0		1		0.831	1.198	1.11
Vitamin B-6	-	0.0	40		0		1		0.068	0.098	0.09
Folate, total		9			0	_	1		16	23	21
Folic acid		0			0	Z	7 1		0	0	0
Folate, food		9 9			0	NG.	4		16	23 23	21
Folate, DFE		14.0			0	NC AS	1		16 23.9	23 34.4	21
Choline, total	•	0.8			2	AS A	1		23.9	2.0	31.9 1.9
Betaine Vitamin B-12	_	0.8			0	A	1		0.79	1.14	1.06
Vitamin B-12Vitamin B-12. added		0.4			0	z	7		0.00	0.00	0.00
Vitamin B-12, added		10	U		0	NC	4		17	25	23
Retinol		10			0	т	4		17	25	23
Carotene, beta		2			0 0 I	BFFN	4		3	4	4
Carotene, alpha		0			0	Z	7		0	0	0
Cryptoxanthin, beta		0			0	z	7		0	0	0
Vitamin A, IU		36			0	NC	4		62	89	82
Lycopene		0			0	Z	7		0	0	0
Lutein + zeaxanthin		0			0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.0	2			BFFN	4		0.03	0.05	0.04
Vitamin E, added		0.0	0		0	z	7		0.00	0.00	0.00
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	mg										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.0			0	AS	1		0.0	0.0	0.0
Vitamin D		1				BFFN	4		1	2	2
Vitamin K (phylloquinone)		0.1			0 1	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone Menaquinone-4											

	<u>A</u>	mou	ınt in 100 g	rams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common	
			NI	m bei			measures of food				
						C C				<u>~</u>	
Nutrients and Units	Mean	St	d. Error P			Source C Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>											
Fatty acids, total saturated	0	697		0		1		1.185	1.708	1.582	
4:0	•	032	0.002			1		0.054	0.078	0.073	
6:0		022	0.001			1		0.037	0.054	0.050	
8:0 10:0	0	014 031	0.001			1 1		0.024	0.034	0.032 0.070	
12:0		031	0.002			1		0.053 0.063	0.076 0.091	0.070	
13:0	-	037	0.002			_		0.003	0.031	0.001	
14:0	=	114	0.006	3		1		0.194	0.279	0.259	
15:0	=										
16:0	g 0.	294	0.014	. 3		1		0.500	0.720	0.667	
17:0	g										
18:0	0	105	0.005	3		1		0.179	0.257	0.238	
20:0	-										
22:0											
24:0Fatty acids, total monounsaturated		297		0		1		0.505	0.728	0.674	
14:1	0	231		U		_		0.505	0.728	0.074	
15:1											
16:1 undifferentiated	-	024	0.001	. 3		1		0.041	0.059	0.054	
17:1	g										
18:1 undifferentiated	g 0.	247	0.012	2 3		1		0.420	0.605	0.561	
20:1	g 0.	000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	=	000		0		1		0.000	0.000	0.000	
24:1 c	=										
Fatty acids, total polyunsaturated	0	031		0		1		0.053	0.076	0.070	
18:2 undifferentiated	0	022 009	0.001			1 1		0.037	0.054	0.050 0.020	
18:4		000	0.001	. 3		1		0.015 0.000	0.022 0.000	0.000	
20:2 n-6 c,c	-	000		U		_		0.000	0.000	0.000	
20:3 undifferentiated	-										
20:4 undifferentiated	-	000		0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		000		0		1		0.000	0.000	0.000	
21:5	g										
22:4	g										
22:5 n-3 (DPA)	0	000		0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	0	000		0		1		0.000	0.000	0.000	
Fatty acids, total trans				•		-		-	10	10	
Cholesterol Phytosterols	_			0		1		7	10	10	
Phytosterois	mg										
Amino Acids:											
Tryptophan	0	025		0		1		0.043	0.061	0.057	
Threonine		179		0		1		0.304	0.439	0.406	
Isoleucine	0	238		0		1		0.405	0.583	0.540	
Leucine	0	440 392		0		1 1		0.748 0.666	1.078	0.999	
Lysine Methionine	0	392 129		0		1		0.219	0.960 0.316	0.890 0.293	
Cystine	0	040		0		4		0.068	0.098	0.091	
Phenylalanine		238		0		1		0.405	0.583	0.540	
Tyrosine	0	221		0		1		0.376	0.541	0.502	
Valine		362		0		1		0.615	0.887	0.822	
Arginine		132		0		1		0.224	0.323	0.300	
Histidine	g 0.	108		0		1		0.184	0.265	0.245	
Alanine	0	187		0		1		0.318	0.458	0.424	
Aspartic acid		347		0		1		0.590	0.850	0.788	
Glutamic acid	0	856		0		1		1.455	2.097	1.943	
Glycine		105		0		1		0.179	0.257	0.238	
Proline		518		0		1		0.881	1.269	1.176	
Serine		271		0		1		0.461	0.664	0.615	
Hydroxyproline	y										
Others:											
Alcohol, ethyl	=	0		0		7		0.0	0.0	0.0	
Caffeine	mg 0			0	Z	7		0	0	0	

Yogurt, fruit, low fat, 10 grams protein per 8 ounce

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 245g: 1 cup (8 fl oz) Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01217 Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

		<u>Am ou</u>	ınt in 100 gr			ble portic	<u>on</u>		edible portion	
				nbei				<u>m</u>	easures of foo	<u>Ju</u>
						Source	Confidence			
Nutrients and Uni	its	Mean St	d. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.48	0.610	26		1		126.62	182.48	169.07
Energy		102		0	NC	4		173	250	231
Energy		426		0	NC	4		725	1044	968
Protein (N x 6.38)		4.37	0.026	26		1		7.43	10.71	9.92
Total lipid (fat)	_	1.08	0.052	26		1		1.84	2.65	2.45
Ash		1.02	0.027	12		1		1.73	2.50	2.32
Carbohydrate, by difference	-	19.05		0	NC	4		32.39	46.67	43.24
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		19.05		0	NR	4		32.39	46.67	43.24
Starch										
Statem	9									
Minerals:										
Calcium, Ca	_	152		0		1		258	372	345
Iron, Fe		0.07		0		1		0.12	0.17	0.16
Magnesium, Mg	mg	15		0		1		25	36	33
Phosphorus, P		119		0		1		203	293	271
Potassium, K		195		0		1		331	477	442
Sodium, Na	-	58		0		1		99	143	133
Zinc, Zn		0.74		0		1		1.26	1.81	1.68
Copper, Cu		0.080		0		1		0.136	0.196	0.182
Manganese, Mn		0.065		0		1		0.111	0.159	0.148
Selenium, Se	µg	3.1		0	BFNN	4		5.3	7.6	7.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.1	1.6	1.5
Thiamin	mg	0.037		0		1		0.063	0.091	0.084
Riboflavin	mg	0.178		0		1		0.303	0.436	0.404
Niacin	mg	0.095		0		1		0.162	0.233	0.216
Pantothenic acid	mg	0.489		0		1		0.831	1.198	1.110
Vitamin B-6	mg	0.040		0		1		0.068	0.098	0.091
Folate, total	µg	9		0		1		16	23	21
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	9		0		1		16	23	21
Folate, DFE	µg	9		0	NC	4		16	23	21
Choline, total	mg	14.0		0	AS	1		23.9	34.4	31.9
Betaine	mg	0.8		2	A	1		1.4	2.0	1.9
Vitamin B-12	µg	0.47		0		1		0.79	1.14	1.06
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	10		0	NC	4		17	25	23
Retinol	µg	10		0	T	4		17	25	23
Carotene, beta		2		0	BFFN	4		3	4	4
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		36		0	NC	4		62	89	82
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.02		0	BFFN	4		0.03	0.05	0.04
Vitamin E, added	-	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta		1 2		4 =	3.7	-		2.2	3.0	2.0
Vitamin D (D2 + D3)		1.3	0.622	45 45	AS A	1 1		2.2	3.2	3.0
Vitamin D		52	0.622		A			89	129	119
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.2	0.2
Dihydrophylloquinone										
Menaquinone-4	µg									

	<u>A</u>	mou	ınt in 100 g	rams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common	
			NI	m bei			measures of food				
						C C				<u>~</u>	
Nutrients and Units	Mean	St	d. Error P			Source C Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>											
Fatty acids, total saturated	0	697		0		1		1.185	1.708	1.582	
4:0	•	032	0.002			1		0.054	0.078	0.073	
6:0		022	0.001			1		0.037	0.054	0.050	
8:0 10:0	0	014 031	0.001			1 1		0.024	0.034	0.032 0.070	
12:0		031	0.002			1		0.053 0.063	0.076 0.091	0.070	
13:0	-	037	0.002			_		0.003	0.031	0.001	
14:0	=	114	0.006	3		1		0.194	0.279	0.259	
15:0	=										
16:0	g 0.	294	0.014	. 3		1		0.500	0.720	0.667	
17:0	g										
18:0	0	105	0.005	3		1		0.179	0.257	0.238	
20:0	-										
22:0											
24:0Fatty acids, total monounsaturated		297		0		1		0.505	0.728	0.674	
14:1	0	231		U		_		0.505	0.728	0.074	
15:1											
16:1 undifferentiated	-	024	0.001	. 3		1		0.041	0.059	0.054	
17:1	g										
18:1 undifferentiated	g 0.	247	0.012	2 3		1		0.420	0.605	0.561	
20:1	g 0.	000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	=	000		0		1		0.000	0.000	0.000	
24:1 c	=										
Fatty acids, total polyunsaturated	0	031		0		1		0.053	0.076	0.070	
18:2 undifferentiated	0	022 009	0.001			1 1		0.037	0.054	0.050 0.020	
18:4		000	0.001	. 3		1		0.015 0.000	0.022 0.000	0.000	
20:2 n-6 c,c	-	000		U		_		0.000	0.000	0.000	
20:3 undifferentiated	-										
20:4 undifferentiated	-	000		0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		000		0		1		0.000	0.000	0.000	
21:5	g										
22:4	g										
22:5 n-3 (DPA)	0	000		0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	0	000		0		1		0.000	0.000	0.000	
Fatty acids, total trans				•		-		-	10	10	
Cholesterol Phytosterols	_			0		1		7	10	10	
Phytosterois	mg										
Amino Acids:											
Tryptophan	0	025		0		1		0.043	0.061	0.057	
Threonine		179		0		1		0.304	0.439	0.406	
Isoleucine	0	238		0		1		0.405	0.583	0.540	
Leucine	0	440 392		0		1 1		0.748 0.666	1.078	0.999	
Lysine Methionine	0	392 129		0		1		0.219	0.960 0.316	0.890 0.293	
Cystine	0	040		0		4		0.068	0.098	0.091	
Phenylalanine		238		0		1		0.405	0.583	0.540	
Tyrosine	0	221		0		1		0.376	0.541	0.502	
Valine		362		0		1		0.615	0.887	0.822	
Arginine		132		0		1		0.224	0.323	0.300	
Histidine	g 0.	108		0		1		0.184	0.265	0.245	
Alanine	0	187		0		1		0.318	0.458	0.424	
Aspartic acid		347		0		1		0.590	0.850	0.788	
Glutamic acid	0	856		0		1		1.455	2.097	1.943	
Glycine		105		0		1		0.179	0.257	0.238	
Proline		518		0		1		0.881	1.269	1.176	
Serine		271		0		1		0.461	0.664	0.615	
Hydroxyproline	y										
Others:											
Alcohol, ethyl	=	0		0		7		0.0	0.0	0.0	
Caffeine	mg 0			0	Z	7		0	0	0	

Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D

	<u>An</u>	mount in 10	0 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 245g: 1 cup (8 fl oz) Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

					of edil	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean S			Deriv	Source (Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	~	74.10	0.514	20		1		125.97	02 52	168.21
Water	-	105	0.514	0	NC	4		179	83.73 119	239
Energy		440		0	NC	4		748	497	998
		4.86	0.052	-	NC	1		8.26	5.49	11.03
Protein (N x 6.38)		1.41	0.106	17		1		2.40	1.59	3.20
Total lipid (fat)		1.41	0.034			1		1.75		2.34
Ash			0.034	0	NG	4			1.16	42.22
Carbohydrate, by difference		18.60 0.0		0	NC	4		31.62 0.0	21.02	0.0
Fiber, total dietary		0.0		U		4		0.0	0.0	0.0
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	169		0		1		287	191	383
Iron, Fe	-	0.07		0		1		0.12	0.08	0.16
Magnesium, Mg		16		0		1		28	18	37
Phosphorus, P		133		0		1		226	150	301
Potassium, K		216		0		1		368	244	491
Sodium, Na	mg	65		0		1		110	73	147
Zinc, Zn	mg	0.82		0		1		1.39	0.93	1.86
Copper, Cu	mg	0.080		0		1		0.136	0.090	0.18
Manganese, Mn	mg	0.065		0		1		0.111	0.073	0.14
Selenium, Se	µg	3.1		0	BFNN	4		5.3	3.5	7.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.3	0.8	1.7
Thiamin	-	0.041		0		1		0.070	0.046	0.09
Riboflavin		0.198		0		1		0.337	0.040	0.44
Niacin	-	0.105		0		1		0.179	0.119	0.23
Pantothenic acid		0.544		0		1		0.925	0.615	1.23
Vitamin B-6	-	0.045		0		1		0.077	0.051	0.10
Folate, total	-	10		0		1		18	12	24
Folic acid		0		0	z	7		0	0	0
Folate, food		10		0	_	1		18	12	24
Folate, DFE		10		0	NC	4		18	12	24
Choline, total				-		=				
Betaine										
Vitamin B-12	-	0.52		0		1		0.88	0.59	1.18
Vitamin A, RAE										
Retinol										
Carotene, beta										
Carotene, alpha	µg									
Cryptoxanthin, beta										
Vitamin A, IU		60		0		1		102	68	136
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	-									
Tocotrienol, delta										
Vitamin D (D2 + D3)										
Vitamin D										
Vitamin K (phylloquinone)										
Dihydrophylloquinone										
Menaquinone-4	µg									

		<u>Am ou</u>	unt in 100 g Nu	ıram s	ble porti	Amount in edible portion of common measures of food			
Nutrients and Units	Me	an Si	ot td. Error P		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.909		0	1		1.545	1.027	2.063
4:0	g	0.042	0.003	3	1		0.071	0.047	0.095
6:0	-	0.029	0.002		1		0.049	0.033	0.066
8:0	-	0.018	0.001		1		0.031	0.020	0.041
10:0	-	0.040	0.003		1		0.068	0.045	0.091
12:0		0.048	0.004	1 3	1		0.082	0.054	0.109
13:0 14:0		0.149	0.011	. 3	1		0.253	0.168	0.338
15:0		0.143	0.013	. ,	-		0.233	0.100	0.336
16:0	-	0.384	0.029	3	1		0.653	0.434	0.872
17:0	-								
18:0	g	0.137	0.010	3	1		0.233	0.155	0.311
20:0	g								
22:0	-								
24:0	•				_				
Fatty acids, total monounsaturated	-	0.387		0	1		0.658	0.437	0.878
15:1	•								
16:1 undifferentiated	•	0.031	0.002	2 3	1		0.053	0.035	0.070
17:1	•	0.002			_		0.000	0,000	0.07.0
18:1 undifferentiated	-	0.322	0.024	1 3	1		0.547	0.364	0.731
20:1	g								
22:1 undifferentiated	.g								
24:1 c									
Fatty acids, total polyunsaturated		0.040		0	1		0.068	0.045	0.091
18:2 undifferentiated		0.028	0.002		1		0.048	0.032	0.064
18:3 undifferentiated	-	0.012	0.001	L 3	1		0.020	0.014	0.027
18:4 20:2 n-6 c,c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.000		0	4		0.000	0.000	0.000
20:5 n-3 (EPA)	-								
21:5	g								
22:4	-								
22:5 n-3 (DPA)	•								
22:6 n-3 (DHA)									
Fatty acids, total trans Cholesterol		6		0	1		9	6	12
Phytosterols	-	Ü		U	_		9	0	12
•	9								
Amino Acids:	a	0.027		0	1		0.046	0.031	0.061
TryptophanThreonine		0.200		0	1		0.340	0.031	0.454
Isoleucine		0.265		0	1		0.451	0.299	0.602
Leucine		0.490		0	1		0.833	0.554	1.112
Lysine		0.436		0	1		0.741	0.493	0.990
Methionine		0.143		0	1		0.243	0.162	0.325
Cystine	g	0.044		0	4		0.075	0.050	0.100
Phenylalanine	.g	0.265		0	1		0.451	0.299	0.602
Tyrosine	g	0.245		0	1		0.417	0.277	0.556
Valine		0.402		0	1		0.683	0.454	0.913
Arginine		0.146		0	1		0.248	0.165	0.331
Histidine	-	0.120		0	1		0.204	0.136	0.272
Alanine	-	0.208		0	1		0.354	0.235	0.472
Aspartic acid		0.385 0.951		0	1 1		0.655 1.617	0.435	0.874
Glutamic acidGlycine		0.951		0	1		0.199	1.075 0.132	2.159 0.266
Proline		0.576		0	1		0.199	0.132	1.308
Serine		0.301		0	1		0.512	0.340	0.683
Hydroxyproline	-								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Yogurt, fruit, low fat, 11 grams protein per 8 ounce

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 113g: .5 container (4 oz) Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Nutrients and Units Proximates: Water	g kJ g g g g g g	75.30 99 415 3.98 1.15 0.93 18.64 0.0		5 17 0 0 0 19 5 17	Deriv		Confidence Code	128.01 169 706 6.77	94.13 124 519 4.98	_
Proximates: Water	g kJ g g g g g g	75.30 99 415 3.98 1.15 0.93 18.64 0.0	0.599 0.030 0.08	5 17 0 0 0 19 5 17 9 9	Deriv Code	1 4 4 1		128.01 169 706 6.77	94.13 124 519	106.93 141 590
Proximates: Water	g kJ g g g g g g	75.30 99 415 3.98 1.15 0.93 18.64 0.0	0.599 0.030 0.08	Points 5 17 0 0 0 19 6 17 9 9 0	Code	1 4 4 1		128.01 169 706 6.77	94.13 124 519	141 590
Proximates: Water	g kJ g g g g g g	75.30 99 415 3.98 1.15 0.93 18.64 0.0	0.599 0.030 0.08	5 17 0 0 0 19 5 17 9 9	NC	1 4 4		128.01 169 706 6.77	94.13 124 519	106.93 141 590
Water	kcal g g g g g g g	99 415 3.98 1.15 0.93 18.64 0.0	0.03	0 0 19 5 17 9 9		4 4 1		169 706 6.77	124 519	141 590
Energy	kcal g g g g g g g	99 415 3.98 1.15 0.93 18.64 0.0	0.03	0 0 19 5 17 9 9		4 4 1		169 706 6.77	124 519	141 590
Energy	kJ g g g g g g	415 3.98 1.15 0.93 18.64 0.0	0.08	0 19 5 17 9 9 0		4 1		706 6.77	519	590
Protein (N x 6.38)	g g g g	3.98 1.15 0.93 18.64 0.0	0.08	19 5 17 9 9 0	NC	1		6.77		
Total lipid (fat)	g g g g g	1.15 0.93 18.64 0.0	0.08	5 17 9 9 0					4.98	5.65
Ash	g g g g	0.93 18.64 0.0		9 9		1				
Carbohydrate, by difference	g g g g	18.64 0.0	0.04	0				1.96	1.44	1.63
Fiber, total dietary	g g g	0.0				1		1.58	1.16	1.32
Sugars, total	g g mg			0	NC	4		31.69	23.30	26.47
Starch	g mg	18.64				4		0.0	0.0	0.0
Minerals: Calcium, Ca Iron, Fe	mg			0	NR	4		31.69	23.30	26.47
Calcium, Ca	-									
Iron, Fe	-									
Iron, Fe	-	138		0		1		235	173	196
	riig	0.06		0		1		0.10	0.08	0.09
1/146110314111, 1/16	_	13		0		1		23	17	19
Phosphorus, P	mg	109		0		1		185	136	154
Potassium, K	mg	177		0		1		301	221	251
Sodium, Na	<u>mg</u>	53		0		1		90	67	76
Zinc, Zn	<u>.</u> mg	0.67		0		1		1.14	0.84	0.95
Copper, Cu	mg	0.079		0		1		0.134	0.099	0.11
Manganese, Mn		0.064		0		1		0.109	0.080	0.09
Selenium, Se	µg	2.8		0	BFNN	4		4.8	3.5	4.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.0	0.8	0.9
Thiamin	mg	0.034		0		1		0.058	0.043	0.04
Riboflavin	mg	0.162		0		1		0.275	0.203	0.23
Niacin	mg	0.086		0		1		0.146	0.108	0.12
Pantothenic acid	mg	0.446		0		1		0.758	0.558	0.63
Vitamin B-6	mg	0.037		0		1		0.063	0.046	0.05
Folate, total	µg	9		0		1		14	11	12
Folic acid		0		0	Z	7		0	0	0
Folate, food		9		0		1		14	11	12
Folate, DFE		9		0	NC	4		14	11	12
Choline, total		15.2		0	T	4		25.8	19.0	21.6
Betaine				_		_				
Vitamin B-12		0.43		0	_	1		0.72	0.53	0.60
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		11 11		0	NC T	4		19 19	14 14	16 16
remon		2		0	BFFN	4		3	2	3
Carotene, beta		0		0	Z	7		0	0	0
Carotene, alpha Cryptoxanthin, beta		0		0	Z	7		0	0	0
Vitamin A, IU		40		0	NC	4		68	50	56
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.02		0	BFFN	4		0.04	0.03	0.03
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	AS	1		0.0	0.0	0.0
Vitamin D	<u>I</u> U	1		0	BFFN	4		1	1	1
Vitamin K (phylloquinone)	µg	0.1		0	BFFN	4		0.1	0.1	0.1
Dihydrophylloquinone	µg									

	An	nou	nt in 100 g	rams	of edi	ble portion	<u>1</u>	Amount in e	edible portion	of common
			Nice	m be i					easures of foo	
						C C				<u>~</u>
Nutrients and Units	Mean	St	on d.Error P			Source C Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated				0		1		1.261	0.928	1.054
4:0	•		0.003			1		0.058	0.043	0.048
6:0			0.002			1		0.039	0.029	0.033
8:0 10:0	0		0.001			1 1		0.026	0.019	0.021 0.047
12:0			0.003			1		0.056 0.066	0.041 0.049	0.047
13:0	-	133	0.003	, ,		-		0.000	0.049	0.033
14:0	-	21	0.009	3		1		0.206	0.151	0.172
15:0	-									
16:0	g 0.3	313	0.024	. 3		1		0.532	0.391	0.444
17:0	-									
18:0		12	0.008	3		1		0.190	0.140	0.159
20:0	-									
22:0 24:0										
Fatty acids, total monounsaturated		816		0		1		0.537	0.395	0.449
14:1	0			ŭ		-		0.557	0.333	0.115
15:1										
16:1 undifferentiated	_	25	0.002	3		1		0.043	0.031	0.036
17:1	g									
18:1 undifferentiated			0.020			1		0.447	0.329	0.373
20:1				0		1		0.000	0.000	0.000
22:1 undifferentiated	-	000		0		1		0.000	0.000	0.000
24:1 c	-			•		1		0.056	0.041	0.047
Fatty acids, total polyunsaturated	0		0.002	0		1		0.056 0.039	0.041 0.029	0.047
18:3 undifferentiated	0		0.002			1		0.039	0.023	0.014
18:4			0.001	. 0		1		0.000	0.000	0.000
20:2 n-6 c,c	-			-		_				
20:3 undifferentiated	-									
20:4 undifferentiated	g 0.0	000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	g 0.0	000		0		1		0.000	0.000	0.000
21:5	-									
22:4	-					_				
22:5 n-3 (DPA) 22:6 n-3 (DHA)	-			0		1 1		0.000	0.000	0.000
Fatty acids, total trans	0	,00		U		-		0.000	0.000	0.000
Cholesterol				0		1		8	6	6
Phytosterols	-			-		_		-	-	-
y	0									
Amino Acids:				•		-		0 025		
Tryptophan Threonine	-			0		1 1		0.037 0.277	0.028 0.204	0.031 0.231
Isoleucine				0		1		0.369	0.204	0.308
Leucine	0			0		1		0.682	0.501	0.569
Lysine	0			0		1		0.607	0.446	0.507
Methionine	g 0.1	17		0		1		0.199	0.146	0.166
Cystine	g 0.0	36		0		4		0.061	0.045	0.051
Phenylalanine	g 0.2	217		0		1		0.369	0.271	0.308
Tyrosine				0		1		0.342	0.251	0.285
Valine				0		1		0.559	0.411	0.467
Arginine				0		1		0.204	0.150	0.170
Histidine				0		1 1		0.168 0.289	0.124 0.213	0.141 0.241
AlanineAspartic acid	0			0		1		0.289	0.395	0.449
Glutamic acid				0		1		1.324	0.974	1.106
Glycine	0			0		1		0.163	0.120	0.136
Proline				0		1		0.802	0.590	0.670
Serine	-	246		0		1		0.418	0.308	0.349
Hydroxyproline	-									
Others:										
Alcohol, ethyl	q 0.0)		0		7		0.0	0.0	0.0
Caffeine	0			0	z	7		0	0	0
	5			-	_			-	-	-

Yogurt, fruit, low fat, 9 grams protein per 8 ounce

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01216 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

		Amou	ınt in 100 g	aiiis	orean	<u>'111</u>	Amount in edible portion of common				
			Nu	m be i	r			measures of food			
						Source (Confidence				
Nutrients and Un	ite	Mean St	d. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nutrients and on	11.5	Weari St	и. штог					weasure i	Wedsule 2	Wicasuic	
Proximates:											
Water	g	75.30	0.595	17		1		128.01	94.13	106.93	
Energy	kcal	99		0	NC	4		169	124	141	
Energy	kJ	415		0	NC	4		706	519	590	
Protein (N x 6.38)	g	3.98	0.030	19		1		6.77	4.98	5.65	
Total lipid (fat)	g	1.15	0.086	17		1		1.96	1.44	1.63	
Ash	g	0.93	0.049	9		1		1.58	1.16	1.32	
Carbohydrate, by difference	g	18.64		0	NC	4		31.69	23.30	26.47	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	18.64		0	NR	4		31.69	23.30	26.47	
Starch	g										
Minerals:											
Calcium, Ca	ma	138		0		1		235	173	196	
Iron, Fe	-	0.06		0		1		0.10	0.08	0.09	
Magnesium, Mg	-	13		0		1		23	17	19	
Phosphorus, P		109		0		1		185	136	154	
Potassium, K		177		0		1		301	221	251	
Sodium, Na	-	53		0		1		90	67	76	
Zinc, Zn	mg	0.67		0		1		1.14	0.84	0.95	
Copper, Cu	mg	0.079		0		1		0.134	0.099	0.11	
Manganese, Mn	mg	0.064		0		1		0.109	0.080	0.09	
Selenium, Se	µg	2.8		0	BFNN	4		4.8	3.5	4.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.6		0		1		1.0	0.8	0.9	
Thiamin	-	0.034		0		1		0.058	0.043	0.04	
Riboflavin	-	0.162		0		1		0.275	0.203	0.23	
Niacin	-	0.086		0		1		0.146	0.108	0.12	
Pantothenic acid	-	0.446		0		1		0.758	0.558	0.63	
Vitamin B-6	-	0.037		0		1		0.063	0.046	0.05	
Folate, total	-	9		0		1		14	11	12	
Folic acid		0		0	Z	7		0	0	0	
Folate, food	µg	9		0		1		14	11	12	
Folate, DFE		9		0	NC	4		14	11	12	
Choline, total	mg	15.2		0	T	4		25.8	19.0	21.6	
Betaine	mg										
Vitamin B-12	µg	0.43		0		1		0.72	0.53	0.60	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE	µg	11		0	NC	4		19	14	16	
Retinol	µg	11		0	T	4		19	14	16	
Carotene, beta		2		0	BFFN	4		3	2	3	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		40		0	NC	4		68	50	56	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.02		0	BFFN	4		0.04	0.03	0.03	
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Tocotrienol, alpha											
Tocotrienol, alpha Tocotrienol, beta											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		1.3		45	AS	1		2.2	1.6	1.9	
Vitamin D		52	0.622		A	1		89	66	75	
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.1	0.1	
Dihydrophylloquinone				-		-			**-	***	
Menaquinone-4											

							aninie nortion i	of common_
		Nim	b	_			easures of foo	•
			m be i		Causa Cantidanaa		040410001100	<u>, u</u>
					Source Confidence			
Nutrients and Units	Mean	Std. Error Po	oints	Code	Code Code	Measure 1	Measure 2	Measure 3
T1.11.								
<u>Lipids:</u>	0.74	2	0		1	1 261	0.000	1.054
Fatty acids, total saturated	0.74				1	1.261 0.058	0.928 0.043	0.048
6:0g	0.02				1	0.039	0.029	0.033
8:0g	0.01				1	0.026	0.019	0.021
10:0g	0.03				1	0.056	0.041	0.047
12:0g	0.03				1	0.066	0.049	0.055
13:0g								
14:0g	0.12	1 0.009	3		1	0.206	0.151	0.172
15:0g								
16:0g	0.31	3 0.024	3		1	0.532	0.391	0.444
17:0g								
18:0g	0.11	2 0.008	3		1	0.190	0.140	0.159
20:0g								
22:0g								
24:0g		_			_			
Fatty acids, total monounsaturatedg	0.31	6	0		1	0.537	0.395	0.449
14:1g								
15:1g 16:1 undifferentiatedg	0.02	5 0.002	2		1	0.043	0.031	0.036
17:1g	0.02	0.002	3		-	0.043	0.031	0.030
18:1 undifferentiated	0.26	3 0.020	3		1	0.447	0.329	0.373
20:1g	0.00		0		1	0.000	0.000	0.000
22:1 undifferentiatedg	0.00		0		1	0.000	0.000	0.000
24:1 cg		-	-		_			
Fatty acids, total polyunsaturatedg	0.03	3	0		1	0.056	0.041	0.047
18:2 undifferentiatedg	0.02	3 0.002	3		1	0.039	0.029	0.033
18:3 undifferentiatedg	0.01	0.001	3		1	0.017	0.013	0.014
18:4g	0.00	0	0		1	0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.00	0	0		1	0.000	0.000	0.000
20:5 n-3 (EPA)g	0.00	0	0		1	0.000	0.000	0.000
21:5g								
22:4g		_			_			
22:5 n-3 (DPA)g	0.00		0		1	0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	U	0		1	0.000	0.000	0.000
Fatty acids, total transg	5		0		1	8	6	6
Cholesterolmg Phytosterolsmg	5		U		1	0	0	0
Pilytosteroising								
Amino Acids:								
Tryptophang	0.02	2	0		1	0.037	0.028	0.031
Threonineg	0.16	3	0		1	0.277	0.204	0.231
Isoleucineg	0.21		0		1	0.369	0.271	0.308
Leucineg	0.40		0		1	0.682	0.501	0.569
Lysineg	0.35		0		1	0.607	0.446	0.507
Methionineg	0.11		0		1	0.199	0.146	0.166
Cystineg	0.03		0		4	0.061	0.045	0.051
Phenylalanine	0.21		0		1 1	0.369	0.271	0.308
Tyrosine	0.20		0		1	0.342	0.251	0.285
Valine	0.32		0		1	0.559 0.204	0.411	0.467
Arginine	0.12		0		1	0.204	0.150 0.124	0.170 0.141
Alanineg	0.09		0		1	0.289	0.124	0.141
Aspartic acid	0.31		0		1	0.283	0.395	0.449
Glutamic acidg	0.31		0		1	1.324	0.393	1.106
Glycine9	0.09		0		1	0.163	0.120	0.136
Prolineg	0.47		0		1	0.802	0.590	0.670
Serineg	0.24		0		1	0.418	0.308	0.349
Hydroxyprolineg			-					
Others:	^ -		_			0 0		
Alcohol, ethylg	0.0 0		0	z	7 7	0.0	0.0	0.0
Caffeinemg	U		U	2	,	U	0	0

Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D

	Ar	mount in 10	00 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 125g: 1 container (4.4 oz) Measure 3 = 142g: 1 container (5 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	ount in 100 g	grams	Amount in edible portion of common						
			Nı	ım be	r			measures of food			
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error F				Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	74.10	0.51	4 20		1		125.97	181.55	168.21	
Energy		105		0	NC	4		179	258	239	
Energy		440		0	NC	4		748	1078	998	
Protein (N x 6.38)		4.86	0.05	2 20		1		8.26	11.91	11.03	
Total lipid (fat)	g	1.41	0.10	6 17		1		2.40	3.45	3.20	
Ash	g	1.03	0.03	4 12		1		1.75	2.52	2.34	
Carbohydrate, by difference	g	18.60		0	NC	4		31.62	45.57	42.22	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	2.90		0	0	4		4.93	7.11	6.58	
Starch	g										
Minerals:											
Calcium, Ca	ma	152		0		4		258	372	345	
Iron. Fe	_	0.07		0		1		0.12	0.17	0.16	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	16		0		1		28	40	37	
Phosphorus, P	_	133		0		1		226	325	301	
Potassium, K		194		0		4		330	475	440	
Sodium, Na		58		0		4		99	142	132	
Zinc, Zn	_	0.82		0		1		1.39	2.01	1.86	
Copper, Cu	mg	0.08	0	0		1		0.136	0.196	0.18	
Manganese, Mn	mg	0.06	5	0		1		0.111	0.159	0.14	
Selenium, Se	µg	3.1		0	BFNN	4		5.3	7.6	7.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.3	1.8	1.7	
Thiamin	_	0.04	1	0		1		0.070	0.100	0.09	
Riboflavin	_	0.18		0		4		0.306	0.441	0.40	
Niacin	_	0.10		0		1		0.179	0.257	0.23	
Pantothenic acid	_	0.54		0		1		0.925	1.333	1.23	
Vitamin B-6	_	0.04	5	0		1		0.077	0.110	0.10	
Folate, total	=	10		0		1		18	25	24	
Folic acid		0		0	BFNN	4		0	0	0	
Folate, food	µg	10		0	NR	4		17	25	23	
Folate, DFE	µg	10		0	NC	4		17	25	23	
Choline, total	mg	15.2		0	T	4		25.8	37.2	34.5	
Betaine	mg										
Vitamin B-12	µg	0.52		0		1		0.88	1.27	1.18	
Vitamin B-12, added	µg	0.00		0	BFNN	4		0.00	0.00	0.00	
Vitamin A, RAE		131		0	NC	4		223	322	298	
Retinol		131		0	T	4		223	321	297	
Carotene, beta		4		0	BFNN	4		6	9	8	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		443 0		0	NC	4 7		752 0	1084 0	1005 0	
Lycopene		0		0	z z	7		0	0	0	
Lutein + zeaxanthin		0.06		0	BFNN	4		0.10	0.15	0.14	
Vitamin E (alpha-tocopherol) Vitamin E, added		0.00		0	BFNN	4		0.10	0.15	0.14	
Tocopherol, beta		0.00		U	DEMN	7		0.00	0.00	0.00	
Tocopherol, gamma											
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	_										
Tocotrienol, delta	mg										
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0	0.1	0.1	
Vitamin D	IU	1		0	BFFN	4		2	3	2	
Vitamin K (phylloquinone)	µg	1.2		0	BFNN	4		2.0	2.8	2.6	
Dihydrophylloquinone	µg										
Menaquinone-4	µg										

	<u> 4</u>	moı	unt in 100	0 gra	am s	of edil	ble portion	Δm	ount in e	dible portion o	of common
			1	Num	ber			<u> </u>		easures of foo	
Nutrients and Units	Mean	St	td. Error	of [Data		Source Confider Code Code		asure 1	Measure 2	Measure 3
Lipids:											
Fatty acids, total saturated	~	.909			0		1		1.545	2.227	2.063
4:0 6:0	•	.042		003 002	3		1 1		0.071 0.049	0.103 0.071	0.095 0.066
8:0	•	.018		001	3		1		0.031	0.044	0.041
10:0	g 0	.040	0.0	003	3		1		0.068	0.098	0.091
12:0	=	.048	0.0	004	3		1		0.082	0.118	0.109
13:0 14:0	=	.149	0.0	011	3		1		0.253	0.365	0.338
15:0	=	. 1 1 7	0.0	,,,	3		_		0.233	0.303	0.550
16:0	=	.384	0.0	029	3		1		0.653	0.941	0.872
17:0	•										
18:0	•	.137	0.0	010	3		1		0.233	0.336	0.311
20:0 22:0	•										
24:0	=										
Fatty acids, total monounsaturated		.387			0		1		0.658	0.948	0.878
14:1											
15:1	-	.031	0 (202	3		1		0.053	0.076	0 070
16:1 undifferentiated	-	.031	0.0	002	3		1		0.053	0.076	0.070
18:1 undifferentiated	•	.322	0.0	024	3		1		0.547	0.789	0.731
20:1	g 0	.000			0		4		0.000	0.000	0.000
22:1 undifferentiated	•	.000			0		4		0.000	0.000	0.000
24:1 c	=	040			•		1		0.060	0.000	0 001
Fatty acids, total polyunsaturated 18:2 undifferentiated	· ·	.040	0 (002	0 3		1 1		0.068 0.048	0.098 0.069	0.091 0.064
18:3 undifferentiated		.012		001	3		1		0.020	0.029	0.004
18:4	=	.000			0		4		0.000	0.000	0.000
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		.000			0		4		0.000	0.000	0.000
21:5		•000			Ü		•		0.000	0.000	0.000
22:4	=										
22:5 n-3 (DPA)	•	.000			0		4		0.000	0.000	0.000
22:6 n-3 (DHA)	•	.000			0		4		0.000	0.000	0.000
Fatty acids, total trans					0		1		9	13	12
Phytosterols					Ü		-		,	13	12
-	. 0										
Amino Acids:	α 0	.027			0		1		0.046	0.066	0.061
Tryptophan Threonine	•	.200			0		1		0.340	0.490	0.454
Isoleucine		.265			0		1		0.451	0.649	0.602
Leucine	g 0	.490			0		1		0.833	1.201	1.112
Lysine	•	.436			0		1		0.741	1.068	0.990
Methionine	•	.143			0		1 4		0.243 0.075	0.350 0.108	0.325
CystinePhenylalanine	•	.265			0		1		0.451	0.108	0.100 0.602
Tyrosine	•	.245			0		1		0.417	0.600	0.556
Valine		.402			0		1		0.683	0.985	0.913
Arginine	•	.146			0		1		0.248	0.358	0.331
Histidine	•	.120			0		1		0.204	0.294	0.272
AlanineAspartic acid	•	.208 .385			0		1 1		0.354 0.655	0.510 0.943	0.472 0.874
Glutamic acid	•	.951			0		1		1.617	2.330	2.159
Glycine	•	.117			0		1		0.199	0.287	0.266
Proline	g 0	.576			0		1		0.979	1.411	1.308
Serine	•	.301			0		1		0.512	0.737	0.683
Hydroxyproline	y										
Others:											
Alcohol, ethyl	•	. 0			0	_	7		0.0	0.0	0.0
Caffeine	mg 0				0	Z	7		0	0	0

Yogurt, fruit, lowfat, with low calorie sweetener

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 245g: 1 cup (8 fl oz) Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

NDB No. 01219 Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

		<u>Am oun</u>	t in 100 gr	ams	ot edil	oie portic	<u>on</u>	Amount in edible portion of common			
			Nun	n be r				measures of food			
						Source	Confidence				
Nutrients and Un	ite	Mean Std	. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Nati lents and on		Wear ord						Mcasare 1	Measure 2	wcasarc .	
Proximates:											
Water	g	74.10	0.514	20		1		125.97	181.55	168.21	
Energy	kcal	105		0	NC	4		179	258	239	
Energy	kJ	440		0	NC	4		748	1078	998	
Protein (N x 6.38)	g	4.86	0.052	20		1		8.26	11.91	11.03	
Total lipid (fat)	g	1.41	0.106	17		1		2.40	3.45	3.20	
Ash	g	1.03	0.034	12		1		1.75	2.52	2.34	
Carbohydrate, by difference	g	18.60		0	NC	4		31.62	45.57	42.22	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	2.90		0	0	4		4.93	7.11	6.58	
Starch	g										
Minerals:											
Calcium, Ca	ma	152		0		4		258	372	345	
Iron, Fe	-	0.07		0		1		0.12	0.17	0.16	
Magnesium, Mg	-	16		0		1		28	40	37	
Phosphorus, P		133		0		1		226	325	301	
Potassium, K		194		0		4		330	475	440	
Sodium, Na	-	58		0		4		99	142	132	
Zinc, Zn	mg	0.82		0		1		1.39	2.01	1.86	
Copper, Cu	mg	0.080		0		1		0.136	0.196	0.18	
Manganese, Mn	mg	0.065		0		1		0.111	0.159	0.14	
Selenium, Se	µg	3.1		0	BFNN	4		5.3	7.6	7.0	
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.7		0		1		1.3	1.8	1.7	
Thiamin	-	0.041		0		1		0.070	0.100	0.09	
Riboflavin	-	0.180		0		4		0.306	0.441	0.40	
Niacin	-	0.105		0		1		0.179	0.257	0.23	
Pantothenic acid	-	0.544		0		1		0.925	1.333	1.23	
Vitamin B-6	-	0.045		0		1		0.077	0.110	0.10	
Folate, total	-	10		0		1		18	25	24	
Folic acid		0		0	BFNN	4		0	0	0	
Folate, food		10		0	NR	4		17	25	23	
Folate, DFE		10		0	NC	4		17	25	23	
Choline, total		15.2		0	T	4		25.8	37.2	34.5	
Betaine	mg										
Vitamin B-12		0.52		0		1		0.88	1.27	1.18	
Vitamin B-12, added	µg	0.00		0	BFNN	4		0.00	0.00	0.00	
Vitamin A, RAE	µg	131		0	NC	4		223	322	298	
Retinol	µg	131		0	T	4		223	321	297	
Carotene, beta	µg	4		0	BFNN	4		6	9	8	
Carotene, alpha	µg	0		0	Z	7		0	0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0	
Vitamin A, IU	<u>IU</u>	443		0	NC	4		752	1084	1005	
Lycopene	µg	0		0	Z	7		0	0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)	mg	0.06		0	BFNN	4		0.10	0.15	0.14	
Vitamin E, added	mg	0.00		0	BFNN	4		0.00	0.00	0.00	
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, beta											
Tocotrienol, gamma	-										
Tocotrienol, delta						_				_	
Vitamin D (D2 + D3)		1.3		45	AS	1		2.2	3.2	3.0	
Vitamin D		52	0.622		A	1		89	129	119	
Vitamin K (phylloquinone) Dihydrophylloquinone		1.2		0	BFNN	4		2.0	2.8	2.6	
	110										

	<u>Am c</u>	ount in 100	gram	s of edi	Amount in edible portion of common			
		N	um be	r			easures of foo	
				•	Source Confidence	_		
Nutrients and Units	Mean	Std. Error				Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	0.90		0		1	1.545	2.227	2.063
4:0g	0.04				1	0.071	0.103	0.095
6:0g	0.02				1 1	0.049	0.071	0.066
8:0g 10:0g	0.01				1	0.031 0.068	0.044 0.098	0.041 0.091
12:0g	0.04				1	0.082	0.038	0.109
13:0g	0.02				-	01002	***************************************	*****
14:0g	0.14	9 0.01	.1 3		1	0.253	0.365	0.338
15:0g								
16:0g	0.38	4 0.02	9 3		1	0.653	0.941	0.872
17:0g			_					
18:0g	0.13	7 0.01	.0 3		1	0.233	0.336	0.311
20:0g 22:0g								
24:0g								
Fatty acids, total monounsaturatedg	0.38	7	0		1	0.658	0.948	0.878
14:1g								
15:1g								
16:1 undifferentiatedg	0.03	1 0.00	2 3		1	0.053	0.076	0.070
17:1g								
18:1 undifferentiatedg	0.32		24 3 0		1 4	0.547	0.789	0.731
20:1g 22:1 undifferentiatedg	0.00		0		4	0.000	0.000	0.000
24:1 cg	0.00	O	U		7	0.000	0.000	0.000
Fatty acids, total polyunsaturatedg	0.04	0	0		1	0.068	0.098	0.091
18:2 undifferentiatedg	0.02	8 0.00	2 3		1	0.048	0.069	0.064
18:3 undifferentiatedg	0.01	2 0.00	1 3		1	0.020	0.029	0.027
18:4g	0.00	0	0		4	0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiated	0.00	•	•		4			
20:4 undifferentiated	0.00		0		4 4	0.000	0.000	0.000
20:5 n-3 (EPA)g 21:5g	0.00	O	U		7	0.000	0.000	0.000
22:4g								
22:5 n-3 (DPA)g	0.00	0	0		4	0.000	0.000	0.000
22:6 n-3 (DHA)g	0.00	0	0		4	0.000	0.000	0.000
Fatty acids, total transg								
Cholesterolmg	6		0		1	9	13	12
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.02	7	0		1	0.046	0.066	0.061
Threonineg	0.20	0	0		1	0.340	0.490	0.454
Isoleucineg	0.26		0		1	0.451	0.649	0.602
Leucineg	0.49		0		1	0.833	1.201	1.112
Lysine	0.43		0		1 1	0.741	1.068	0.990
Methionineg Cystineg	0.14		0		4	0.243 0.075	0.350 0.108	0.325 0.100
Phenylalanine	0.26		0		1	0.451	0.649	0.602
Tyrosineg	0.24		0		1	0.417	0.600	0.556
Valineg	0.40		0		1	0.683	0.985	0.913
Arginineg	0.14	6	0		1	0.248	0.358	0.331
Histidineg	0.12	0	0		1	0.204	0.294	0.272
Alanineg	0.20		0		1	0.354	0.510	0.472
Aspartic acidg	0.38		0		1	0.655	0.943	0.874
Glutamic acidg	0.95		0		1 1	1.617	2.330	2.159
Glycine	0.11		0		1	0.199 0.979	0.287 1.411	0.266 1.308
Serine	0.30		0		1	0.512	0.737	0.683
Hydroxyprolineg	0.50.		Ü		=		3.,3,	3.005
Others:	0 0		^		7	0.0		2 2
Alcohol, ethyl	0.0 0		0	Z	7 7	0.0	0.0 0	0.0 0
Caffeinemg	U		U	4	,	U	U	U

Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D

	<u>An</u>	nount in 10	0 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 245g: 1 cup (8 fl oz) Measure 3 = 227g: 1 container (8 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amo	unt in 100	<u>Amount in e</u>	dible portion	of common				
			N	measures of food						
						Source C	Confidence	į		_
Nutrients and Uni	ite	Mean S	itd. Error			Code	Code	Measure 1	Measure 2	Measure 3
Nati lents and on		Wear	ла. 🗆 гог					Wedsure 1	incasure 2	weasure .
Proximates:										
Water	g	85.07	0.30	4 28		1		144.62	193.11	96.13
Energy		63		0	NC	4		108	144	72
Energy	kJ	265		0	NC	4		450	601	299
Protein (N x 6.38)	g	5.25	0.10	4 30		1		8.93	11.92	5.93
Total lipid (fat)	g	1.55	0.07			1		2.64	3.52	1.75
Ash	_	1.09	0.03			1		1.85	2.47	1.23
Carbohydrate, by difference		7.04		0	NC	4		11.97	15.98	7.96
Fiber, total dietary		0.0		0		4		0.0	0.0	0.0
Sugars, total		7.04		0	NR	4		11.97	15.98	7.96
Starch	g									
Minerals:										
Calcium, Ca	-	183	5.71			1		310	415	206
Iron, Fe	_	0.08	0.00			1		0.14	0.18	0.09
Magnesium, Mg		17	1.03			1		30	40	20
Phosphorus, P		144	5.95	1 16		1		244	326	162
Potassium, K		23 4 70		7 9		1 1		397 119	531 159	264 79
Sodium, NaZinc. Zn		0.89	0.10	2 12		1		1.51	2.02	1.01
Copper, Cu		0.013		0		1		0.022	0.030	0.01
Manganese, Mn		0.013		0		1		0.007	0.009	0.00
Selenium, Se		3.3		2 17	A	1		5.6	7.5	3.7
•										
Vitamins:	ma	0.8	0.19	9 8		1		1.4	1.8	0.9
Vitamin C, total ascorbic acid Thiamin	-	0.044				1		0.075	0.100	0.05
Riboflavin	-	0.214				1		0.364	0.100	0.03
Niacin	-	0.114		2		1		0.194	0.259	0.12
Pantothenic acid	_	0.591				1		1.005	1.342	0.66
Vitamin B-6	-	0.049				1		0.083	0.111	0.05
Folate, total	-	11	1.30	0 4		1		19	25	13
Folic acid		0		0	z	7		0	0	0
Folate, food	µg	11	1.30	0 4		1		19	25	13
Folate, DFE	µg	11		0	NC	4		19	25	13
Choline, total	mg	15.2		0	AS	1		25.8	34.5	17.2
Betaine	mg	0.9		2	A	1		1.4	1.9	1.0
Vitamin B-12	µg	0.56	0.05	4 8		1		0.96	1.28	0.64
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE		14		0	NC	4		24	32	16
Retinol		14		0	T	4		24	32	16
Carotene, beta		2		0	BFFN	4		4	6	3 0
Carotene, alpha		0		0	Z Z	7 7		0 0	0 0	0
Cryptoxanthin, beta Vitamin A, IU		51		0	NC	4		86	115	57
Lycopene		0		0	Z	7		0	0	0
Lutein + zeaxanthin		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.03		0	BFFN	4		0.05	0.06	0.03
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha	mg									
Tocotrienol, beta	-									
Tocotrienol, gamma										
Tocotrienol, delta				_		-				
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0	0.1	0.0
Vitamin D		1		0	BFFN	4		2	3	1
Vitamin K (phylloquinone)		0.2	0.12	0 9	A	1		0.4	0.5	0.2
Dihydrophylloquinone Menaquinone-4										

	<u> 4</u>	mou	nt in 100 g	Amount in edible portion of common						
			Nice	measures of food						
				mbei Data	-	Source C	onfidence			
Nutrients and Units	Mean	Sto	d. Error P				Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	g 1	.000		0		1		1.700	2.270	1.130
4:0	•	.046	0.002			1		0.078	0.104	0.052
6:0		.032	0.002			1		0.054	0.073	0.036
8:0 10:0	0	.020 .044	0.001			1 1		0.034 0.075	0.045 0.100	0.023 0.050
12:0		.053	0.002			1		0.073	0.100	0.060
13:0	-	• 055	0.000	, ,		-		0.030	0.120	0.000
14:0	-	.163	0.008	3 3		1		0.277	0.370	0.184
15:0	-									
16:0	5	.422	0.020	3		1		0.717	0.958	0.477
17:0 18:0	-	.151	0.007	, ,		1		0.257	0.343	0.171
20:0	0	.131	0.007	, 3		-		0.257	0.343	0.171
22:0	-									
24:0	g									
Fatty acids, total monounsaturated		.426		0		1		0.724	0.967	0.481
14:1										
15:1	-	.034	0.002			1		0.058	0.077	0.038
16:1 undifferentiated	-	.034	0.002	2 3		-		0.056	0.077	0.038
18:1 undifferentiated		.354	0.017	7 3		1		0.602	0.804	0.400
20:1		.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g 0	.000		0		1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturated	0	.044		0		1		0.075	0.100	0.050
18:2 undifferentiated	-	.031 .013	0.001			1 1		0.053 0.022	0.070 0.030	0.035 0.015
18:4		.000	0.001	0		1		0.022	0.000	0.000
20:2 n-6 c,c	-			•		_		0.000		***************************************
20:3 undifferentiated	-									
20:4 undifferentiated		.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	0	.000		0		1		0.000	0.000	0.000
21:5	-									
22:4 22:5 n-3 (DPA)	-	.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	0	.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	-									
Cholesterol	-		0.589	5		1		10	14	7
Phytosterols	mg									
Amino Acids:										
Tryptophan	g 0	.030		0		1		0.051	0.068	0.034
Threonine	g 0	.216		0		1		0.367	0.490	0.244
Isoleucine	0	.286		0		1		0.486	0.649	0.323
Leucine	0	.529		0		1		0.899	1.201	0.598
Lysine Methionine.		.471 .155		0		1 1		0.801 0.264	1.069 0.352	0.532 0.175
Cystine	0	.048		0		4		0.264	0.352	0.175
Phenylalanine		.286		0		1		0.486	0.649	0.323
Tyrosine		.265		0		1		0.451	0.602	0.299
Valine	g 0	.434		0		1		0.738	0.985	0.490
Arginine	g 0	.158		0		1		0.269	0.359	0.179
Histidine		.130		0		1		0.221	0.295	0.147
Alanine	0	. 225		0		1 1		0.383	0.511	0.254
Aspartic acidGlutamic acid		.416 .028		0		1		0.707 1.748	0.944 2.334	0.470 1.162
Glycine	0	.127		0		1		0.216	0.288	0.144
Proline		.622		0		1		1.057	1.412	0.703
Serine	0	.325		0		1		0.553	0.738	0.367
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g 0	. 0		0		7		0.0	0.0	0.0
Caffeine	-			0	z	7		0	0	0

Yogurt, plain, low fat, 12 grams protein per 8 ounce

Amount in 100 grams of edible portion

Number of Data Deriv Source Confidence
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		Amo	ount in 100	Amount in edible portion of common						
					measures of food					
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	85.23		0		1		144.89	193.47	208.81
Energy	kcal	56		0	NC	4		95	127	137
Energy	kJ	233		0	NC	4		397	530	572
Protein (N x 6.38)	g	5.73		0		1		9.74	13.01	14.04
Total lipid (fat)	g	0.18		0		1		0.31	0.41	0.44
Ash	g	1.18		0		1		2.01	2.68	2.89
Carbohydrate, by difference	g	7.68		0	NC	4		13.06	17.43	18.82
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	7.68		0	NR	4		13.06	17.43	18.82
Starch										
Minerals:	-									
	ma	199		0		1		220	452	400
Calcium, Ca	_	0.09		0 0		1		338 0.15	452 0.20	488 0.22
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	19		0		1		32	43	47
Phosphorus, P		157		0		1		266	355	383
Potassium, K		255		0		1		433	579	625
Sodium, Na	-	77		0		1		130	174	187
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	0.97		0		1		1.65	2.20	2.38
Copper, Cu	• • • • • • • • • • • • • • • • • • • •	0.01	5	0		1		0.026	0.034	0.03
Manganese, Mn	_	0.00		0		1		0.009	0.011	0.01
Selenium. Se		3.6		0	BFNN	4		6.1	8.2	8.8
,										
Vitamins:				•		_				
Vitamin C, total ascorbic acid	_	0.9	•	0		1		1.5	2.0	2.1
Thiamin	_	0.04		0		1		0.082	0.109	0.11
Riboflavin	_	0.23		0		1		0.398	0.531	0.57
Niacin	-	0.12		0		1		0.211	0.281	0.30
Pantothenic acid	-	0.64		0		1		1.090	1.455	1.57
Vitamin B-6	_	0.05	3	0		1		0.090	0.120	0.13
Folate, total		12		0 0	_	1		21	28	30
Folic acid		0		-	Z	7 1		0	0	0
Folate, food		12		0				21	28	30
Folate, DFE		12		0	NC	4		21	28	30
Choline, total	_	15.2		0	T	4		25.8	34.5	37.2
Betaine		0.61		•				1 04	1 20	1 5
Vitamin B-12		0.61		0 0	_	1 7		1.04 0.00	1.39	1.50
Vitamin B-12, added				0	Z NC	4			0.00	0.00
Vitamin A, RAE		2		0		4		3	5	5
Retinol		2		0	T	-		3	5	5
Carotene, beta		0		0	BFFN	4 7		0	1	1
Carotene, alpha		-		0	z			-	0	0
Cryptoxanthin, beta		0 7		0	Z	7		0	0	0
Vitamin A, IU		· ·		0	NC	4		12	16	18
Lycopene		0		0	Z Z	7		0	0	0
Lutein + zeaxanthin				-		7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	BFFN	4		0.01	0.01	0.01
Vitamin E, added		0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, beta Tocotrienol, gamma	_									
, 0	_									
Tocotrienol, delta		0.0		0	z	7		0.0	0.0	0.0
Vitamin D (D2 + D3)		0.0		0	Z	7		0.0	0.0	0.0
Vitamin D		0.2	0 1	20 9	Z A	1		0.4		
Vitamin K (phylloquinone) Dihydrophylloquinone		0.2	0.1	20 Y	A	_		0.4	0.5	0.5
LUDVITODDVILOGUIDODE	uu									

Amount in 100 grams of edible portion									Amount in edible portion of common				
				measures of food									
			ļ	Number		Source Confider							
Nutrients and Units	Mean	Std.	Error	Points		Code	Code	Measure 1	Measure 2	Measure 3			
Lipids:													
Fatty acids, total saturated	.g 0.3	116		0		1		0.197	0.263	0.284			
4:0	•			3		1		0.009	0.011	0.012			
6:0	.0			3		1		0.007	0.009	0.010			
8:0	•			3 3		1 1		0.003	0.005	0.005			
10:0 12:0	.5			3		1		0.009 0.010	0.011 0.014	0.012 0.015			
13:0	-	700		3		-		0.010	0.014	0.013			
14:0	_	19		3		1		0.032	0.043	0.047			
15:0	_												
16:0	.g 0.0	149		3		1		0.083	0.111	0.120			
17:0	.g												
18:0	_	18		3		1		0.031	0.041	0.044			
20:0	_												
22:0 24:0	-												
Fatty acids, total monounsaturated	_	149		0		1		0.083	0.111	0.120			
14:1						_		******	*****				
15:1													
16:1 undifferentiated	.g 0.0	04		3		1		0.007	0.009	0.010			
17:1													
18:1 undifferentiated				3		1		0.070	0.093	0.100			
20:1				0		1		0.000	0.000	0.000			
22:1 undifferentiated		000		0		1		0.000	0.000	0.000			
24:1 cFatty acids, total polyunsaturated	_	005		0		1		0.009	0.011	0.012			
18:2 undifferentiated	. •			3		1		0.007	0.009	0.012			
18:3 undifferentiated	-			3		1		0.002	0.002	0.002			
18:4	•	000		0		1		0.000	0.000	0.000			
20:2 n-6 c,c	.g												
20:3 undifferentiated	.g												
20:4 undifferentiated				0		1		0.000	0.000	0.000			
20:5 n-3 (EPA)	_	000		0		1		0.000	0.000	0.000			
21:5	_												
22:4 22:5 n-3 (DPA)	_	000		0		1		0.000	0.000	0.000			
22:6 n-3 (DHA)	.0			0		1		0.000	0.000	0.000			
Fatty acids, total trans													
Cholesterol				0		1		3	4	4			
Phytosterols	.mg												
Amino Acids:													
Tryptophan	.q 0.(32		0		1		0.054	0.073	0.078			
Threonine	-	235		0		1		0.400	0.533	0.576			
Isoleucine		313		0		1		0.532	0.711	0.767			
Leucine	.g 0.!	577		0		1		0.981	1.310	1.414			
Lysine	_			0		1		0.874	1.167	1.259			
Methionine	=			0		1		0.287	0.384	0.414			
Cystine	•)52		0		4		0.088	0.118	0.127			
Phenylalanine Tyrosine				0 0		1 1		0.532 0.491	0.711 0.656	0.767 0.708			
Valine				0		1		0.491	1.076	1.161			
Arginine	.0	72		0		1		0.292	0.390	0.421			
Histidine	•	42		0		1		0.241	0.322	0.348			
Alanine	.g 0.2	245		0		1		0.417	0.556	0.600			
Aspartic acid	.g 0.4	154		0		1		0.772	1.031	1.112			
Glutamic acid				0		1		1.907	2.547	2.749			
Glycine				0		1		0.235	0.313	0.338			
Proline	=			0		1		1.154	1.541	1.664			
Serine	_	22		0		1		0.604	0.806	0.870			
	.⊎												
Others:						_							
Alcohol, ethyl	=)		0	_	7		0.0	0.0	0.0			
Caffeine	.mg 0			0	Z	7		0	0	0			

Yogurt, plain, skim milk, 13 grams protein per 8 ounce

	An	mount in 10	0 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		AIII	ount in 10	u grains	or ean	Jie por tic	<u> </u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	87.90)	0		1		149.43	199.53	99.33	
Energy	kcal	61		0	NC	4		104	139	69	
Energy	kJ	257		0	NC	4		437	583	290	
Protein (N x 6.38)	g	3.47	7	0		1		5.90	7.88	3.92	
Total lipid (fat)	g	3.25	5	0		1		5.53	7.38	3.67	
Ash	g	0.72	2	0		1		1.22	1.63	0.81	
Carbohydrate, by difference	g	4.66	5	0	NC	4		7.92	10.58	5.27	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	4.66	5	0	NR	4		7.92	10.58	5.27	
Starch	g										
Minerals:											
Calcium, Ca	ma	121		0		1		205	274	136	
Iron, Fe	-	0.05	5	0		1		0.09	0.11	0.06	
Magnesium, Mg	-	12		0		1		20	26	13	
Phosphorus, P		95		0		1		161	215	107	
Potassium, K	mg	155		0		1		263	351	175	
Sodium, Na	<u>mg</u>	46		0		1		79	105	52	
Zinc, Zn	<u>mg</u>	0.59	•	0		1		1.00	1.34	0.67	
Copper, Cu	mg	0.00)9	0		1		0.015	0.020	0.01	
Manganese, Mn	mg	0.00)4	0		1		0.007	0.009	0.00	
Selenium, Se	µg	2.2		0	BFNN	4		3.7	5.0	2.5	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.9	1.2	0.6	
Thiamin	mg	0.02	29	0		1		0.049	0.066	0.03	
Riboflavin	mg	0.14	12	0		1		0.241	0.322	0.16	
Niacin	mg	0.07	75	0		1		0.128	0.170	0.08	
Pantothenic acid	mg	0.38	39	0		1		0.661	0.883	0.44	
Vitamin B-6	mg	0.03	32	0		1		0.054	0.073	0.03	
Folate, total	µg	7		0		1		13	17	8	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	7		0		1		13	17	8	
Folate, DFE	µg	7		0	NC	4		13	17	8	
Choline, total	mg	15.2		0	T	4		25.8	34.5	17.2	
Betaine	mg										
Vitamin B-12		0.37		0		1		0.63	0.84	0.42	
Vitamin B-12, added		0.00)	0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		27		0	NC	4		47	62	31	
Retinol		27		0	T	4		46	61	31	
Carotene, beta		5		0	BFFN	4		9	12	6	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		99		0	NC	4		168	224	111	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0	-	0	Z	7 4		0	0	0	
Vitamin E (alpha-tocopherol)		0.06			BFFN			0.10	0.13	0.07	
Vitamin E, added		0.00	,	0	Z	7		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocoprierol, alpha											
Tocotrienol, alpna											
Tocotrienol, gamma											
Tocotrienol, delta	-										
Vitamin D (D2 + D3)		0.1		0	AS	1		0.1	0.1	0.1	
Vitamin D		2		0	BFFN	4		4	5	3	
Vitamin K (phylloquinone)		0.2		0	BFFN	4		0.4	0.5	0.3	
Dihydrophylloquinone		V.2		ŭ		•		V.1	0.5	0.3	
Menaquinone-4											

	Amount in 100 grams of edible portion					<u>on</u>	Amount in edible portion of common			
			Number					easures of foo		
					Source (Confidence			_	
Nutrients and Units	Mear	Std. Err	or Points		Code	Code	Measure 1	Measure 2	Measure 3	
<u>Lipids:</u>										
Fatty acids, total saturated		.096	0		1		3.563	4.758	2.368	
4:0 6:0		.096 .066	3 3		1 1		0.163 0.112	0.218 0.150	0.108 0.075	
8:0	-	.042	3		1		0.071	0.095	0.047	
10:0		.093	3		1		0.158	0.211	0.105	
12:0		.111	3		1		0.189	0.252	0.125	
13:0 14:0	=	.343	3		1		0.583	0.779	0.388	
15:0	=						0,000	347.75		
16:0	.0	.886	3		1		1.506	2.011	1.001	
17:0		215	2		-		0 530	0.500	0.350	
18:0 20:0.		.317	3		1		0.539	0.720	0.358	
22:0	•									
24:0	-									
Fatty acids, total monounsaturated	=	.893	0		1		1.518	2.027	1.009	
14:1 15:1										
16:1 undifferentiated	•	.071	3		1		0.121	0.161	0.080	
17:1	-									
18:1 undifferentiated	-	.743	3		1		1.263	1.687	0.840	
20:1	-	.000	0		1		0.000	0.000	0.000 0.000	
24:1 c	•	.000	v		-		0.000	0.000	0.000	
Fatty acids, total polyunsaturated	=	.092	0		1		0.156	0.209	0.104	
18:2 undifferentiated		.065	3		1		0.111	0.148	0.073	
18:3 undifferentiated	=	.027	3 0		1		0.046 0.000	0.061 0.000	0.031 0.000	
18:4 20:2 n-6 c,c		.000	U		1		0.000	0.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated		.000	0		1		0.000	0.000	0.000	
20:5 n-3 (EPA)		.000	0		1		0.000	0.000	0.000	
21:5 22:4	=									
22:5 n-3 (DPA)	=	.000	0		1		0.000	0.000	0.000	
22:6 n-3 (DHA)	•	.000	0		1		0.000	0.000	0.000	
Fatty acids, total trans			•		-		00		1.4	
CholesterolPhytosterols			0		1		22	29	14	
•	···9									
Amino Acids:	α 0	.020	0		1		0.034	0.045	0.023	
TryptophanThreonine	.0	.142	0		1		0.034	0.043	0.023	
Isoleucine		.189	0		1		0.321	0.429	0.214	
Leucine	•	.350	0		1		0.595	0.795	0.396	
Lysine	•	.311	0		1		0.529	0.706	0.351	
Methionine		.102 .032	0		1 4		0.173 0.054	0.232	0.115	
CystinePhenylalanine	•	.189	0		1		0.034	0.073 0.429	0.036 0.214	
Tyrosine	•	.175	0		1		0.298	0.397	0.198	
Valine		.287	0		1		0.488	0.651	0.324	
Arginine	•	.104	0		1		0.177	0.236	0.118	
Histidine	•	.086	0		1		0.146	0.195	0.097	
AlanineAspartic acid	-	.148 .275	0		1 1		0.252 0.468	0.336 0.624	0.167 0.311	
Glutamic acid	=	.679	0		1		1.154	1.541	0.767	
Glycine		.084	0		1		0.143	0.191	0.095	
Proline	.g 0	.411	0		1		0.699	0.933	0.464	
Serine	•	.215	0		1		0.366	0.488	0.243	
Hydroxyproline	.y									
Others:	_	•	_		_			<u>.</u> .		
Alcohol, ethyl	•	.0	0	Z	7 7		0.0	0.0	0.0 0	
Carrenie	9 0		U	4	,		U	U	U	

Yogurt, plain, whole milk, 8 grams protein per 8 ounce

	<u>Ar</u>	nount in 10	0 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

		Amount in	100 grams	1	Amount in edible portion of common				
			Numbei	r				easures of fo	
					Source C	onfidence			•
Nutrients and Un	ito	Maan Std Er	ror Points			Code	Magaura 1	Magaura 2	Magaura
Nutrients and Un	its	Mean Std. Er	for Tollits	Coue	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	79.00	0	RA	4		134.30		
Energy	kcal	86	0	NC	4		146		
Energy	kJ	361	0	NC	4		614		
Protein	g	4.93	0	RA	4		8.38		
Total lipid (fat)	g	1.25	0	RA	4		2.13		
Ash	g	1.02	0	RA	4		1.73		
Carbohydrate, by difference	g	13.80	0	RA	4		23.46		
Fiber, total dietary	g	0.0	0	RA	4		0.0		
Sugars, total	g	5.43	0	0	4		9.23		
Starch									
	_								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	171	0	RA	4		291		
Iron, Fe		0.07	0	RA	4		0.12		
Magnesium, Mg		16	0	RA	4		28		
Phosphorus, P		135	0	RA	4		229		
Potassium, K	-	219	0	RA	4		373		
Sodium, Na	-	66	0	RA	<u>4</u> 4		112		
Zinc, Zn	-	0.83 0.013	0	RA RA	4		1.41 0.022		
Copper, Cu		0.004	0	RA RA	4		0.022		
Selenium, Se	-	4.9	0	RA RA	4		8.3		
Selemum, Se	µ9	1.7	Ū	I.G.	-		0.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.8	0	RA	4		1.3		
Thiamin	-	0.042	0	RA	4		0.071		
Riboflavin	mg	0.201	0	RA	4		0.342		
Niacin	-	0.107	0	RA	4		0.182		
Pantothenic acid	-	0.552	0	RA	4		0.938		
Vitamin B-6	-	0.045	0	RA	4		0.077		
Folate, total		11	0	RA	4		18		
Folic acid		0	0	RA	4		0		
Folate, food		11	0	RA	4		18		
Folate, DFE		11	0	NC	4		18		
Choline, total		15.2	0	RA	4		25.8		
Betaine			•						
Vitamin B-12		0.53	0	RA	4		0.90		
Vitamin B-12, added		0.00	0	RA	4		0.00		
Vitamin A, RAE		12 12	0	RA	4 4		21 20		
Retinol			0	RA	-				
Carotene, beta		2 0	0	RA	4 4		3 0		
Carotene, alpha		0	0	RA	4		0		
Cryptoxanthin, beta		43	0	RA RA	4		7 4		
Vitamin A, IU		0	0	RA RA	4		0		
Lycopene		0	0	RA RA	4		0		
Lutein + zeaxanthin Vitamin E (alpha-tocopherol)		0.02	0	RA RA	4		0.04		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.02	0	RA RA	4		0.00		
Tocopherol, beta		0.00	U	ı.n	-		0.00		
Tocopherol, gamma									
Tocopherol, delta									
Tocotrienol, alpha									
Tocotrienol, beta									
Tocotrienol, gamma									
Tocotrienol, delta									
Vitamin D (D2 + D3)		0.0	0	RA	4		0.0		
Vitamin D		1	0	RA	4		2		
Vitamin K (phylloquinone)		0.1	0	RA	4		0.1		
Dihydrophylloquinone		**=	ū		=				
Menaquinone-4									

	Amount in	100 grams	Amount in edible portion of common					
		Number	•			<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	nfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturatedg	0.752	0	RA	4		1.278		
4:0g	0.037	0	RA	4		0.063		
6:0g	0.025	0	RA	4		0.043		
8:0g	0.016	0	RA	4		0.027		
10:0g	0.036	0	RA	4		0.061		
12:0g	0.043	0	RA	4		0.073		
13:0g								
14:0g	0.132	0	RA	4		0.224		
15:0g								
16:0g	0.341	0	RA	4		0.580		
17:0g		_						
18:0g	0.122	0	RA	4		0.207		
20:0g								
22:0g								
24:0g		•						
Fatty acids, total monounsaturatedg	0.313	0	RA	4		0.532		
14:1g								
15:1g		•						
16:1 undifferentiatedg	0.027	0	RA	4		0.046		
17:1g	0.005	0		4				
18:1 undifferentiatedg	0.286		RA			0.486		
20:1g	0.000	0	RA	4		0.000		
22:1 undifferentiatedg	0.000	U	RA	4		0.000		
24:1 c	0.035	0	RA	4		0.060		
Fatty acids, total polyunsaturatedg	0.035	0	RA RA	4		0.060 0.043		
18:2 undifferentiated	0.025	0	RA RA	4		0.043		
18:4g	0.000	0	RA RA	4		0.017		
-	0.000	U	KA	4		0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:3 undifferentiatedg	0.000	0	RA	4		0.000		
20:5 n-3 (EPA)	0.000	0	RA	4		0.000		
20.5 li-5 (EFA)g	0.000	ŭ	I.A.	*		0.000		
21:3g 22:4g								
22:5 n-3 (DPA)g	0.000	0	RA	4		0.000		
22:6 n-3 (DHA)g	0.000	0	RA	4		0.000		
Fatty acids, total trans	3.000	ŭ		-		0.000		
Cholesterolg	5	0	RA	4		8		
Phytosterolsmg	J	U	NA.	-		3		
•								
Others:	0.0	•		4		0 0		
Alcohol, ethylg	0.0	0	RA	4		0.0		
Caffeinemg	0	0	RA	4		0		
Theobrominemg	0	0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		Amount in	ioo grailis	or ear	ne portio	<u>///</u>	Amount in edible portion of common			
			Number	r			<u>m</u>	easures of fo	<u>od</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Ur	nite	Mean Std. Err	or Points			Code	Measure 1	Measure 2	Measure 3	
Nutrients and Or	iits	Mean Stu. Di	01				wicasure i	Weasure 2	wieasuie .	
Provimetos										
Proximates: Water	a	87.43	0		4		148.63			
Energy		43	0	LC	8		73			
Energy		180	0	LC	8		306			
Protein		3.86	0	LC	8		6.56			
Total lipid (fat)		0.18	0	BFZN	4		0.31			
Ash	-	1.00	0	BFZN	4		1.70			
Carbohydrate, by difference	_	7.50	0	LC	8		12.75			
Fiber, total dietary		0.0	0	z	7		0.0			
Sugars, total		7.50	0	NR	4		12.75			
Starch			· ·		-					
Starch	9									
Minerals:										
Calcium, Ca	<u>m</u> g	143	0	LC	8		243			
Iron, Fe	_	0.12	0	LC	8		0.20			
Magnesium, Mg		13	0	BFZN	4		22			
Phosphorus, P		109	0	BFZN	4		185			
Potassium, K	_	177	0	BFZN	4		301			
Sodium, Na	_	59	0	LC	8		100			
Zinc, Zn	_	0.67	0	BFZN	4		1.14			
Copper, Cu		0.079	0	BFZN	4		0.134			
Manganese, Mn	_	2.4								
Selenium, Se	µg	3.1	0	BFNN	4		5.3			
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0	LC	8		1.9			
Thiamin	mg	0.034	0	BFZN	4		0.058			
Riboflavin	mg	0.162	0	BFZN	4		0.275			
Niacin	mg	0.086	0	BFZN	4		0.146			
Pantothenic acid	mg									
Vitamin B-6	mg	0.037	0	BFZN	4		0.063			
Folate, total	µg	8	0	BFZN	4		14			
Folic acid	µg	0	0	Z	7		0			
Folate, food	µg	8	0	BFZN	4		14			
Folate, DFE		8	0	NC	4		14			
Choline, total		15.2	0	T	4		25.8			
Betaine	_									
Vitamin B-12		0.43	0	BFZN	4		0.73			
Vitamin B-12, added		0.00	0	Z	7		0.00			
Vitamin A, RAE		2	0	NC	4		3			
Retinol		2	0	BFFN	4		3			
Carotene, beta		0	0	BFFN	4		0			
Carotene, alpha		0	0	Z	7		0			
Cryptoxanthin, beta		0	0	Z	7		0			
Vitamin A, IU		6 0	0	NC	4 7		11 0			
Lycopene		0	0	Z Z	7		0			
Lutein + zeaxanthin		0.00	0	Z BFFN	4		0.01			
Vitamin E (alpha-tocopherol)		0.00	0	BFFN Z	4 7		0.01			
Vitamin E, added		0.00	U	2	,		0.00			
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Tocotrienol, alpha										
Tocotrienol, appra										
Tocotrienol, gamma										
Tocotrienol, delta										
Vitamin D (D2 + D3)		0.0	0	z	7		0.0			
Vitamin D		0	0	Z	7		0			
Vitamin K (phylloquinone)		0.0	0	BFFN	4		0.0			
Dihydrophylloquinone		•••	v		-		•••			
Menaquinone-4										

	Amount in	100 gram s	Amount in edible portion of common					
		Number				<u>m</u>	easures of foo	<u>od</u>
		of Data	Deriv	Source Co	onfidence			
Nutrients and Units	Mean Std. Err	or Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
<u>Lipids:</u>								
Fatty acids, total saturated	0.116	0	BFZN	4		0.197		
4:0g	0.005	0	BFZN	4		0.009		
6:0g	0.005	0	BFZN	4		0.009		
8:0g	0.002	0	BFZN			0.003		
10:0g	0.005	0	BFZN	4		0.009		
12:0g	0.006	0	BFZN	4		0.010		
13:0g		_						
14:0g	0.019	0	BFZN	4		0.032		
15:0g								
16:0g	0.049	0	BFZN	4		0.083		
17:0g		_						
18:0g	0.018	0	BFZN	4		0.031		
20:0g								
22:0g								
24:0g	0.040							
Fatty acids, total monounsaturatedg	0.049	0	BFZN	4		0.083		
14:1g								
15:1g								
16:1 undifferentiatedg	0.004	0	BFZN	4		0.007		
17:1g	0.041	0	BFZN	4		0.000		
18:1 undifferentiatedg						0.070		
20:1g	0.000	0	BFZN	4		0.000		
22:1 undifferentiatedg	0.000	U	BFZN	4		0.000		
24:1 c	0.005	0	BFZN	4		0.009		
Fatty acids, total polyunsaturatedg	0.003	0	BFZN	4		0.009		
18:2 undifferentiatedg 18:3 undifferentiatedg	0.001	0	BFZN	4		0.007		
18:3 undifferentiated	0.000	0	BFZN	4		0.002		
20:2 n-6 c,c	0.000	U	DF ZIN	4		0.000		
20:3 undifferentiatedg								
20:3 undifferentiatedg	0.000	0	BFZN	4		0.000		
20:5 n-3 (EPA)g	0.000	0	BFZN	4		0.000		
21:5g	0.000	Ū	Dr ZI	*		0.000		
21:3g 22:4								
22:5 n-3 (DPA)g	0.000	0	BFZN	4		0.000		
22:6 n-3 (DHA)g	0.000	0	BFZN	4		0.000		
Fatty acids, total trans	0.000	Ū	21 211	•		0.000		
Cholesterolg	2	0	LC	8		3		
Phytosterolsmg	4	J	щ	J		3		
•								
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeinemg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

NDB No. 01221 Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D

		<u>Am</u>	ount in 10			ole porti	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of fo	<u>5u</u>
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.43	3	0		4		148.63		
Energy		43		0	LC	8		73		
Energy		180		0	LC	8		306		
Protein		3.86	5	0	LC	8		6.56		
Total lipid (fat)	g	0.18	3	0	BFZN	4		0.31		
Ash		1.00)	0	BFZN	4		1.70		
Carbohydrate, by difference	g	7.50)	0	LC	8		12.75		
Fiber, total dietary		0.0		0	z	7		0.0		
Sugars, total		7.50)	0	NR	4		12.75		
Starch										
Minerals:										
Calcium, Ca	-	143		0	LC	8		243		
Iron, Fe		0.12	2	0	LC	8		0.20		
Magnesium, Mg	-	13		0	BFZN	4		22		
Phosphorus, P		109		0 0	BFZN	4 4		185 301		
Potassium, K		177 59		0	BFZN LC	4 8		100		
Sodium, NaZinc. Zn	-	0.65	7	0	BFZN	4		1.14		
Copper, Cu		0.07		0	BFZN	4		0.134		
Manganese, Mn		0.0	, ,	U	DF ZIN	-		0.134		
Selenium, Se		3.1		0	BFNN	4		5.3		
		312		·		-		3.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	1.1		0	ГC	8		1.9		
Thiamin	-	0.03		0	BFZN	4		0.058		
Riboflavin	-	0.16		0	BFZN	4		0.275		
Niacin	_	0.08	36	0	BFZN	4		0.146		
Pantothenic acid	-	0.00		•				0.063		
Vitamin B-6	-	0.03 8	37	0 0	BFZN BFZN	4 4		0.063 14		
Folate, total		0		0	DF ZN Z	7		0		
Folic acidFolate, food		8		0	BFZN	4		14		
Folate, DFE		8		0	NC NC	4		14		
Choline, total		15.2		0	T	4		25.8		
Betaine		13.2		·	-	•		25.0		
Vitamin B-12		0.43	3	0	BFZN	4		0.73		
Vitamin B-12. added		0.00		0	Z	7		0.00		
Vitamin A, RAE		2		0	NC	4		3		
Retinol		2		0	BFFN	4		3		
Carotene, beta		0		0	BFFN	4		0		
Carotene, alpha		0		0	Z	7		0		
Cryptoxanthin, beta		0		0	Z	7		0		
Vitamin A, IU		6		0	NC	4		11		
Lycopene	µg	0		0	Z	7		0		
Lutein + zeaxanthin	µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00)	0	BFFN	4		0.01		
Vitamin E, added	<u>mg</u>	0.00)	0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	-									
Tocotrienol, alpha										
Tocotrienol, beta										
Tocotrienol, gamma										
Tocotrienol, delta				^		_				
Vitamin D (D2 + D3)		1.2		0	AS	1		2.0		
Vitamin D		47		0	NR	4		80		
Vitamin K (phylloquinone)		0.0		0	BFFN	4		0.0		
Dihydrophylloquinone	µg									

	<u>Am</u>	ount in 10		Amount in edible portion of common measures of food					
			Number				<u></u>	easures or roc	<u>)u</u>
						Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturatedg	0.1	16	0	BFZN	4		0.197		
4:0g	0.0	05	0	BFZN	4		0.009		
6:0g	0.0	05	0	BFZN	4		0.009		
8:0g	0.0	02	0	BFZN	4		0.003		
10:0g	0.0	05	0	BFZN	4		0.009		
12:0g	0.0	06	0	BFZN	4		0.010		
13:0g									
14:0g	0.0	19	0	BFZN	4		0.032		
15:0g									
16:0g	0.0	49	0	BFZN	4		0.083		
17:0g									
18:0g	0.0	18	0	BFZN	4		0.031		
20:0g									
22:0g									
24:0g									
Fatty acids, total monounsaturatedg	0.0	49	0	BFZN	4		0.083		
14:1g									
15:1g	0.0	0.4	0				0 000		
16:1 undifferentiated	0.0	04	U	BFZN	4		0.007		
17:1	0.0	41	0	BFZN	4		0.070		
20:1g	0.0		0	BFZN	4		0.000		
22:1 undifferentiated	0.0		0	BFZN	4		0.000		
24:1 cg	0.0	00	U	DF ZN	-		0.000		
Fatty acids, total polyunsaturatedg	0.0	05	0	BFZN	4		0.009		
18:2 undifferentiatedg	0.0		0	BFZN	4		0.007		
18:3 undifferentiatedg	0.0		0	BFZN	4		0.002		
18:4g	0.0		0	BFZN	4		0.000		
20:2 n-6 c,cg			-		_				
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.0	00	0	BFZN	4		0.000		
20:5 n-3 (EPA)g	0.0	00	0	BFZN	4		0.000		
21:5g									
22:4g									
22:5 n-3 (DPA)g	0.0	00	0	BFZN	4		0.000		
22:6 n-3 (DHA)g	0.0	00	0	BFZN	4		0.000		
Fatty acids, total transg									
Cholesterolmg	2		0	LC	8		3		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz)

Calories Factors: Protein Fat Carbohydrate

Food Group: 01 Dairy and Egg Products

		AIIIO	unt m 10	u grains	or ean	ole portic	<u> </u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of foo	<u>od</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean S	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	79.00		0		1		134.30	179.33	193.55	
Energy	kcal	85		0	NC	4		145	194	209	
Energy	kJ	358		0	NC	4		608	812	876	
Protein (N x 6.38)	g	4.93		3		1		8.38	11.19	12.08	
Total lipid (fat)	g	1.25		3		1		2.13	2.84	3.06	
Ash	g	1.02		0		1		1.73	2.32	2.50	
Carbohydrate, by difference	g	13.80		0		4		23.46	31.33	33.81	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0	
Sugars, total	g	13.80		0	NR	4		23.46	31.33	33.81	
Starch	g										
Minerals:											
Calcium, Ca	ma	171		0		1		291	389	420	
Iron, Fe	_	0.07		0		1		0.12	0.16	0.17	
Magnesium, Mg	_	16		0		1		28	37	40	
Phosphorus, P		135		0		1		229	306	330	
Potassium, K	mg	219		0		1		373	498	537	
Sodium, Na	mg	66		0		1		112	149	161	
Zinc, Zn	<u>m</u> g	0.83		0		1		1.41	1.88	2.03	
Copper, Cu	mg	0.013	}	0		1		0.022	0.030	0.03	
Manganese, Mn	mg	0.004		0		1		0.007	0.009	0.01	
Selenium, Se	µg	4.9		0	BFNN	4		8.3	11.1	12.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.3	1.7	1.8	
Thiamin	mg	0.042	!	0		1		0.071	0.095	0.10	
Riboflavin	mg	0.201		0		1		0.342	0.456	0.49	
Niacin	mg	0.107	,	0		1		0.182	0.243	0.26	
Pantothenic acid	mg	0.552	!	0		1		0.938	1.253	1.35	
Vitamin B-6	mg	0.045	i	0		1		0.077	0.102	0.11	
Folate, total	µg	11		0		1		18	24	26	
Folic acid	µg	0		0	Z	7		0	0	0	
Folate, food	µg	11		0		1		18	24	26	
Folate, DFE	µg	11		0	NC	4		18	24	26	
Choline, total	mg	15.2		0	T	4		25.8	34.5	37.2	
Betaine	mg										
Vitamin B-12	µg	0.53		0		1		0.90	1.20	1.29	
Vitamin B-12, added		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, RAE		12		0	NC	4		21	28	30	
Retinol		12		0	T	4		20	27	29	
Carotene, beta		2		0	BFFN	4		3	5	5	
Carotene, alpha		0		0	Z	7		0	0	0	
Cryptoxanthin, beta		0		0	Z	7		0	0	0	
Vitamin A, IU		43		0	NC	4		74	98	106	
Lycopene		0		0	Z	7		0	0	0	
Lutein + zeaxanthin		0		0	Z	7		0	0	0	
Vitamin E (alpha-tocopherol)		0.02		0	BFFN Z	4 7		0.04	0.05	0.05	
Vitamin E, added		0.00		U	Z	,		0.00	0.00	0.00	
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Tocotrienol, alpha											
Tocotrienol, aipna											
Tocotrienol, gamma											
Tocotrienol, delta											
Vitamin D (D2 + D3)		0.0		0	AS	1		0.0	0.1	0.1	
Vitamin D		1		0	BFFN	4		2	2	2	
Vitamin K (phylloquinone)		0.1		0	BFFN	4		0.1	0.2	0.2	
Dihydrophylloquinone		···		Ū		•		··-	V.2	0.2	
Menaquinone-4											

Nutrients and Units Nutrients		<u>Aı</u>	mount in 10	0 grams	of edi	Amount in edible portion of common				
Nutrients and Units				Numbor						
Nutrients and Units						Source C	`onfidonco			<u> </u>
First goods out semmed	Nutrients and Units	Mean	Std. Error					Measure 1	Measure 2	Measure 3
First goods out sommerd										
10	Lipids:									
60.	Fatty acids, total saturated	g 0.	806	0		1		1.370	1.830	1.975
Second		•						0.063	0.084	
10.0.										
120	~	0								
15.0.										
14-0.		-	043	3		1		0.073	0.098	0.105
15.0		=	132	3		1		0.224	0.300	0.323
16.0		0								
188.		=	341	3		1		0.580	0.774	0.835
2004	17:0	g								
220		0	122	3		1		0.207	0.277	0.299
24-0.		-								
Farry acids, total monomanuracial g										
141			242	0		1		0 503	0 770	0.840
15-1	-	0	343	U		_		0.583	0.779	0.040
16.1 undifferentiated.										
17-1		-	027	3		1		0.046	0.061	0.066
20-1		-								
221 undifferentiated. g 0.000 0 1 0.000 0.000 0.000 241 c 0 3 1 0.061 0.082 0.088 182 undifferentiated. g 0.025 3 1 0.043 0.057 0.061 184 undifferentiated. g 0.010 3 1 0.017 0.023 0.025 184 g 0.000 0 1 0.000 0.	18:1 undifferentiated	g 0.	286	3		1		0.486	0.649	0.701
24-1	20:1	g 0.	000	0		1		0.000	0.000	0.000
Farty acids, total polyumaturated	22:1 undifferentiated	g 0.	000	0		1		0.000	0.000	0.000
18.2 undifferentiated		=								
18.3 undifferentiated		0								
18-4.		-								
20.2 n-6 c.c.										
Delia differentiated		-	000	U		_		0.000	0.000	0.000
Delta Control Contro		-								
Description		-	000	0		1		0.000	0.000	0.000
\$\frac{22.4}{22.5} \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			000	0		1		0.000		
\$\frac{22.5 \text{ n-3 (DPA)}{22.6 \text{ n-3 (DHA)}}{ gold not	21:5	g								
Party acids, total trans. 9	22:4	g								
Patry acids, total trans. G Cholesterol. mg 5 0 1 8 11 12	` ,	0								
Cholesterol	, ,	0	000	0		1		0.000	0.000	0.000
Phytosterols Mg Phytosterols				•		-		•		10
Amino Acids:		=		U		1		8	11	12
Tryptophan	Phytosterois	mg								
Threonine	Amino Acids:									
Soleucine	** *	0								
Leucine 9 0.497 0 1 0.845 1.128 1.218 Lysine 9 0.442 0 1 0.751 1.003 1.083 Methionine 9 0.145 0 1 0.247 0.329 0.355 Cystine 9 0.045 0 4 0.077 0.102 0.110 Phenylalanine 9 0.269 0 1 0.457 0.611 0.657 Tyrosine 9 0.249 0 1 0.423 0.565 0.610 Valine 9 0.249 0 1 0.694 0.926 1.000 Arginine 9 0.148 0 1 0.694 0.926 1.000 Arginine 9 0.122 0 1 0.207 0.277 0.299 Alanine 9 0.211 0 1 0.359 0.479 0.517 Aspartic acid 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid 9 0.512<		0								
Lysine 9 0.442 0 1 0.751 1.003 1.083 Methionine 9 0.145 0 1 0.247 0.329 0.355 Cystine 9 0.045 0 4 0.077 0.102 0.110 Phenylalanine 9 0.269 0 1 0.457 0.611 0.659 Tyrosine 9 0.249 0 1 0.423 0.565 0.610 Valine 9 0.408 0 1 0.694 0.926 1.000 Arginine 9 0.148 0 1 0.694 0.926 1.000 Arginine 9 0.148 0 1 0.252 0.336 0.363 Histidine 9 0.122 0 1 0.207 0.277 0.299 Alanine 9 0.391 0 1 0.359 0.479 0.517 Aspartic acid 9 0.391 0 1 0.665 0.888 0.958 Glycine		0								
Methionine 9 0.145 0 1 0.247 0.329 0.355 Cystine 9 0.045 0 4 0.077 0.102 0.110 Phenylalanine 9 0.269 0 1 0.457 0.611 0.659 Tyrosine 9 0.249 0 1 0.423 0.565 0.610 Valine 9 0.408 0 1 0.423 0.565 0.610 Valine 9 0.408 0 1 0.423 0.565 0.610 Valine 9 0.408 0 1 0.694 0.926 1.000 Arginine 9 0.148 0 1 0.252 0.336 0.363 Histidine 9 0.122 0 1 0.207 0.277 0.299 Alanine 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid 9 0.965 0		0								
Cystine 9 0.045 0 4 0.077 0.102 0.110 Phenylalanine 9 0.269 0 1 0.457 0.611 0.659 Tyrosine 9 0.249 0 1 0.423 0.565 0.610 Valine 9 0.408 0 1 0.694 0.926 1.000 Arginine 9 0.148 0 1 0.252 0.336 0.363 Histidine 9 0.122 0 1 0.207 0.277 0.299 Alanine 9 0.122 0 1 0.359 0.479 0.517 Aspartic acid 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid 9 0.965 0 1 1.641 2.191 2.364 Glycine 9 0.119 0 1 0.202 0.270 0.292 Proline 9 0.584 0 <td>3</td> <td>0</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	3	0								
Phenylalanine g 0.269 0 1 0.457 0.611 0.659 Tyrosine g 0.249 0 1 0.423 0.565 0.610 Valine g 0.408 0 1 0.694 0.926 1.000 Arginine g 0.148 0 1 0.252 0.336 0.363 Histidine g 0.122 0 1 0.207 0.277 0.299 Alanine g 0.211 0 1 0.359 0.479 0.517 Aspartic acid g 0.391 0 1 0.665 0.888 0.958 Glutamic acid g 0.965 0 1 1.641 2.191 2.364 Glycine g 0.119 0 1 0.202 0.270 0.292 Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0		0		-						
Tyrosine. 9 0.249 0 1 0.423 0.565 0.610 Valine. 9 0.408 0 1 0.694 0.926 1.000 Arginine. 9 0.148 0 1 0.252 0.336 0.363 Histidine. 9 0.122 0 1 0.207 0.277 0.299 Alanine. 9 0.211 0 1 0.359 0.479 0.517 Aspartic acid. 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid. 9 0.965 0 1 1.641 2.191 2.364 Glycine. 9 0.119 0 1 0.202 0.270 0.292 Proline. 9 0.584 0 1 0.993 1.326 1.431 Serine. 9 0.305 0 1 0.519 0.692 0.747 Hydroxyproline. 9 0.0	•	0								
Valine g 0.408 0 1 0.694 0.926 1.000 Arginine g 0.148 0 1 0.252 0.336 0.363 Histidine g 0.122 0 1 0.207 0.277 0.299 Alanine g 0.211 0 1 0.359 0.479 0.517 Aspartic acid g 0.391 0 1 0.665 0.888 0.958 Glutamic acid g 0.965 0 1 1.641 2.191 2.364 Glycine g 0.119 0 1 0.202 0.270 0.292 Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0	•									
Arginine 9 0.148 0 1 0.252 0.336 0.363 Histidine 9 0.122 0 1 0.207 0.277 0.299 Alanine 9 0.211 0 1 0.359 0.479 0.517 Aspartic acid 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid 9 0.965 0 1 1.641 2.191 2.364 Glycine 9 0.119 0 1 0.202 0.270 0.292 Proline 9 0.584 0 1 0.993 1.326 1.431 Serine 9 0.305 0 1 0.519 0.692 0.747 Hydroxyproline 9 Others: Alcohol, ethyl 9 0.0 0 7 0.0 0.0 0.0	•		408	0		1		0.694		
Alanine g 0.211 0 1 0.359 0.479 0.517 Aspartic acid g 0.391 0 1 0.665 0.888 0.958 Glutamic acid g 0.965 0 1 1.641 2.191 2.364 Glycine g 0.119 0 1 0.202 0.270 0.292 Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0			148	0		1		0.252	0.336	0.363
Aspartic acid 9 0.391 0 1 0.665 0.888 0.958 Glutamic acid 9 0.965 0 1 1.641 2.191 2.364 Glycine 9 0.119 0 1 0.202 0.270 0.292 Proline 9 0.584 0 1 0.993 1.326 1.431 Serine 9 0.305 0 1 0.519 0.692 0.747 Hydroxyproline 9 0.00 0 7 0.0 0.0 0.0	Histidine	g 0.	122	0		1		0.207	0.277	0.299
Glutamic acid. g 0.965 0 1 1.641 2.191 2.364 Glycine g 0.119 0 1 0.202 0.270 0.292 Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g 0 0 7 0.0 0.0 0.0	Alanine	g 0.	211	0				0.359	0.479	0.517
Glycine g 0.119 0 1 0.202 0.270 0.292 Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0	1									
Proline g 0.584 0 1 0.993 1.326 1.431 Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0		0								
Serine g 0.305 0 1 0.519 0.692 0.747 Hydroxyproline g Others: Alcohol, ethyl g 0.0 0 7 0.0 0.0 0.0										
Hydroxyproline g Others: Alcohol, ethyl										
Others: Alcohol, ethylg 0.0 0 7 0.0 0.0 0.0			305	U		1		0.519	0.692	0.747
Alcohol, ethyl	riyuroxypronne	9								
•	Others:									
Caffeinemg 0 0 z 7 0 0 0	, •		0							
	Caffeine	mg 0		0	Z	7		0	0	0

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 245g: 1 cup (8 fl oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

Refuse:0%

		<u>Am o</u>	unt in 10	Amount in edible portion of common						
				measures of food						
						Source	Confidence			
Nutrients and Un	its	Mean S	itd. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	79.00		0		1		134.30	179.33	89.27
Energy	kcal	85		0	NC	4		145	194	97
Energy	kJ	358		0	NC	4		608	812	404
Protein (N x 6.38)	g	4.93		3		1		8.38	11.19	5.57
Total lipid (fat)	g	1.25		3		1		2.13	2.84	1.41
Ash	g	1.02		0		1		1.73	2.32	1.15
Carbohydrate, by difference	g	13.80		0		4		23.46	31.33	15.59
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	13.80		0	NR	4		23.46	31.33	15.59
Starch										
	_									
Minerals:_										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	171		0		1		291	389	194
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.07		0		1		0.12	0.16	0.08
Magnesium, Mg		16		0		1		28	37	19
Phosphorus, P		135		0		1		229	306	152
Potassium, K	-	219		0		1 1		373	498 149	248
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	66		-		1		112		74
Zinc, Zn	_	0.83		0		1		1.41	1.88	0.94
Copper, Cu		0.013		0		1		0.022	0.030	0.01
Manganese, Mn		0.004 4.9	ı	0	BFNN	4		0.007 8.3	0.009 11.1	0.00 5.5
Selenium, Se	µg	4.9		U	BFNN	4		0.3	11.1	3.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		1.3	1.7	0.8
Thiamin	mg	0.042	1	0		1		0.071	0.095	0.04
Riboflavin	mg	0.201	•	0		1		0.342	0.456	0.22
Niacin	mg	0.107		0		1		0.182	0.243	0.12
Pantothenic acid	mg	0.552	!	0		1		0.938	1.253	0.62
Vitamin B-6	mg	0.045		0		1		0.077	0.102	0.05
Folate, total	µg	11		0		1		18	24	12
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	11		0		1		18	24	12
Folate, DFE	µg	11		0	NC	4		18	24	12
Choline, total	mg	15.2		0	T	4		25.8	34.5	17.2
Betaine	mg									
Vitamin B-12	µg	0.53		0		1		0.90	1.20	0.60
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	µg	12		0	NC	4		21	28	14
Retinol	µg	12		0	T	4		20	27	14
Carotene, beta	µg	2		0	BFFN	4		3	5	2
Carotene, alpha	µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	0
Vitamin A, IU	<u>I</u> U	43		0	NC	4		74	98	49
Lycopene	µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02		0	BFFN	4		0.04	0.05	0.03
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Tocotrienol, alpha										
Tocotrienol, beta	_									
Tocotrienol, gamma	mg									
Tocotrienol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	AS	1		2.0	2.7	1.3
Vitamin D	IU	47		0	NR	4		80	107	53
Vitamin K (phylloquinone)	µg	0.1		0	BFFN	4		0.1	0.2	0.1
Dihydrophylloquinone	µg									
Menaquinone-4										

	<u>Ar</u>	noun	t in 10	Amount in edible portion of common						
			measures of food							
				Number		Sauras C	onfidence			
Nutrients and Units	Mean	Std.	. Error	Points		Code	Code	Measure 1	Measure 2	Measure 3
Lipids:										
Fatty acids, total saturated	.g 0.8	306		0		1		1.370	1.830	0.911
4:0	•	37		3		1		0.063	0.084	0.042
6:0		25		3		1		0.043	0.057	0.028
8:0 10:0	. •	016 036		3 3		1 1		0.027 0.061	0.036 0.082	0.018 0.041
12:0	-)43		3		1		0.061	0.082	0.041
13:0	-	, 13		3		-		0.075	0.030	0.015
14:0	-	L32		3		1		0.224	0.300	0.149
15:0	-									
16:0	.0	341		3		1		0.580	0.774	0.385
17:0 18:0	-	L22		3		1		0.207	0.277	0.138
20:0	.0	L Z Z		3		_		0.207	0.277	0.136
22:0	-									
24:0	-									
Fatty acids, total monounsaturated	.0	343		0		1		0.583	0.779	0.388
14:1										
15:1		27		3		1		0.046	0.061	0 021
16:1 undifferentiated		121		3		_		0.046	0.061	0.031
18:1 undifferentiated		286		3		1		0.486	0.649	0.323
20:1		000		0		1		0.000	0.000	0.000
22:1 undifferentiated	.g 0.0	000		0		1		0.000	0.000	0.000
24:1 c	-									
Fatty acids, total polyunsaturated		36		0		1		0.061	0.082	0.041
18:2 undifferentiated	-)25)10		3 3		1 1		0.043 0.017	0.057 0.023	0.028 0.011
18:4	•	000		0		1		0.000	0.023	0.000
20:2 n-6 c,c	=					_		0.000		0.000
20:3 undifferentiated										
20:4 undifferentiated	.g 0.0	000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)	-	000		0		1		0.000	0.000	0.000
21:5	-									
22:4 22:5 n-3 (DPA)	-	000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)	.0	000		0		1		0.000	0.000	0.000
Fatty acids, total trans										
Cholesterol				0		1		8	11	6
Phytosterols	mg									
Amino Acids:										
Tryptophan	.g 0.0	28		0		1		0.048	0.064	0.032
Threonine	.g 0.2	202		0		1		0.343	0.459	0.228
Isoleucine	.0	269		0		1		0.457	0.611	0.304
Leucine		197		0		1 1		0.845	1.128	0.562
Lysine Methionine		142 L45		0		1		0.751 0.247	1.003 0.329	0.499 0.164
Cystine	.0)45		0		4		0.077	0.102	0.051
Phenylalanine	.0	269		0		1		0.457	0.611	0.304
Tyrosine		249		0		1		0.423	0.565	0.281
Valine	.g 0.4	108		0		1		0.694	0.926	0.461
Arginine		L48		0		1		0.252	0.336	0.167
Histidine	•	L22		0		1		0.207	0.277	0.138
AlanineAspartic acid		211 391		0 0		1 1		0.359 0.665	0.479 0.888	0.238 0.442
Glutamic acid				0		1		1.641	2.191	1.090
Glycine	.0			0		1		0.202	0.270	0.134
Proline		584		0		1		0.993	1.326	0.660
Serine		305		0		1		0.519	0.692	0.345
Hydroxyproline	.g									
Others:										
Alcohol, ethyl	.g 0.0)		0		7		0.0	0.0	0.0
Caffeine	mg 0			0	Z	7		0	0	0

Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D

	Amount in 100 grams of edible portion Number						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
Theobrominemg	0		0	z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 container (6 oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products

	Amount in 100 grams of edible portion								Amount in edible portion of common			
			ı	Number					easures of foo			
			_			Source Co	onfidence					
Nutrients and Uni	ts	Mean	Std. Error				Code	Measure 1	Measure 2	Measure		
Proximates: Water	a	79.0	n	0		1		193.55	179.33	89.27		
Energy		78	•	0	NC	4		192	178	89		
Energy		328		0	NC	4		804	745	371		
Protein (N x 6.38)		2.9	4	0	NC	8		7.21	6.68	3.32		
Total lipid (fat)		0.0		0		8		0.00	0.00	0.00		
Ash		1.0		0		1		2.50	2.32	1.15		
		17.0		0	NC	4		41.75	38.68	19.25		
Carbohydrate, by difference		0.0	1	0	NC	8		0.0	0.0	0.0		
Fiber, total dietary		5.8	0	0		8		14.41		6.65		
Sugars, total		5.6	8	U		0		14.41	13.35	0.05		
Starch	g											
Minerals:_												
Calcium, Ca	mg	118		0		8		288	267	133		
Iron, Fe	mg	0.0	0	0		8		0.00	0.00	0.00		
Magnesium, Mg	mg	16		0		1		40	37	19		
Phosphorus, P	<u>m</u> g	88		0		8		216	200	100		
Potassium, K	mg	141		0		8		346	320	160		
Sodium, Na	mg	47		0		8		115	107	53		
Zinc, Zn	<u>m</u> g	0.8	3	0		1		2.03	1.88	0.94		
Copper, Cu	mg	0.0	13	0		1		0.032	0.030	0.01		
Manganese, Mn	mg	0.0	04	0		1		0.010	0.009	0.00		
Selenium, Se	µg	4.9		0	BFNN	4		12.0	11.1	5.5		
Vitamins:												
Vitamin C, total ascorbic acid	ma	0.0		0		8		0.0	0.0	0.0		
Thiamin	_	0.0	42	0		1		0.103	0.095	0.04		
Riboflavin	_	0.2		0		8		0.490	0.454	0.22		
Niacin	_	0.1		0		1		0.262	0.243	0.12		
Pantothenic acid	_	0.5		0		1		1.352	1.253	0.62		
Vitamin B-6	_	0.0		0		1		0.110	0.102	0.05		
Folate, total	_	11		0		1		26	24	12		
Folic acid		0		0	z	7		0	0	0		
Folate, food		11		0	_	1		26	24	12		
Folate, DFE		11		0	NC	4		26	24	12		
Choline, total		15.6		0	BFZN	4		38.3	35.5	17.7		
Betaine	_	13.0		·	21 211	-		30.3	33.3	17.7		
Vitamin B-12	_	0.5	3	0		1		1.29	1.20	0.60		
Vitamin B-12. added		0.0		0	z	7		0.00	0.00	0.00		
Vitamin A, RAE		61	•	0	NC	4		149	138	69		
Retinol		61		0	BFZN	4		149	138	69		
Carotene, beta		0		0	BFZN	4		0	0	0		
Carotene, alpha		0		0	BFZN	4		0	0	0		
Cryptoxanthin, beta		0		0	BFZN	4		0	0	0		
Vitamin A, IU		204		0	NC	4		499	462	230		
Lycopene		0		0	BFZN	4		0	0	0		
Lutein + zeaxanthin		0		0	BFZN	4		0	0	0		
		0.0	1	0	BFZN	4		0.01	0.01	0.01		
Vitamin E (alpha-tocopherol) Vitamin E, added		0.0		0	BF ZN Z	7		0.00	0.01	0.00		
Tocopherol, beta		0.0	•	U	4	,		0.00	0.00	0.00		
Tocopherol, gamma												
Tocopherol, delta												
Tocotrienol, alpha												
Tocotrienol, beta												
Tocotrienol, gamma												
Tocotrienol, delta	_											
Vitamin D (D2 + D3)		0.9		0	NR	4		2.2	2.0	1.0		
Vitamin D		35		0		8		86	80	40		
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	0.0		
Dihydrophylloquinone		0.0		Ü		-			•••	0.0		
Menaquinone-4												

Amount in 100 grams of edible portion Amount in edible portion of common measures of food Num ber of Data Deriv Source Confidence Std. Error Points Code Code Code **Nutrients and Units** Mean Measure 1 Measure 2 Measure 3 Lipids: Fatty acids, total saturated......g 0.000 0 NC 4 0.000 0.000 0.000 0.000 3 1 0.000 0.000 0.000 6:0.....g 0.000 3 1 0.000 0.000 0.000 0.000 0.000 3 1 0.000 0.000 8:0.....g 10:0.....g 0.000 3 1 0.000 0.000 0.000 0.000 0.000 0.000 0.000 12:0.....g 3 1 13:0.....g 0.000 3 1 0.000 0.000 0.000 14:0.....g 0.000 3 1 0.000 16:0 a 0.000 0.000 17:0.....g 0.000 3 1 0.000 0.000 0.000 18:0.....g 24:0.....g 0.000 NC 4 0.000 0.000 0.000 Fatty acids, total monounsaturated......g 0 14:1.....g 15:1.....g 16:1 undifferentiated......g 0.000 3 1 0.000 0.000 0.000 3 0.000 18:1 undifferentiated......g 0.000 1 0.000 0.000 0.000 20:1.....g 0.000 0 1 0.000 0.000 22:1 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 24:1 c.....g Fatty acids, total polyunsaturated......g 0.000 0 NC 4 0.000 0.000 0.000 0.000 0.000 0.000 0.000 18:2 undifferentiated......g 3 1 0.000 1 0.000 0.000 0.000 18:3 undifferentiated......g 3 18:4.....g 0.000 0 1 0.000 0.000 0.000 20:2 n-6 c,c....g 20:3 undifferentiated.....g 20:4 undifferentiated.....g 0.000 0 1 0.000 0.000 0.000 0.000 0 1 0.000 0.000 0.000 21:5.....g 22:4.....g 22:5 n-3 (DPA).....g 0.000 0 1 0.000 0.000 0.000 0.000 0.000 22:6 n-3 (DHA)......g 1 0.000 0.000 Cholesterol....mg 0 8 Phytosterols.....mg Amino Acids: 0 0.064 Tryptophan.....g 0.028 1 0.069 0.032 Threonine.....g 0.202 0 1 0.495 0.459 0.228 Isoleucine.....g 0.269 0 1 0.659 0.611 0.304 0.497 0 1 1.218 1.128 0.562 Lysine.....g 0.442 0 1 1.083 1.003 0.499 Methionine.....g 0.145 0 1 0.355 0.329 0.164 Cystine.....g 0.045 0 4 0.110 0.102 0.051 0.269 0 0.659 0.611 0.304 Phenylalanine.....g 0 1 0.610 Tyrosine.....g 0.249 0.565 0.281 0 Valine.....g 0.408 1 1.000 0.926 0.461 0 Arginine.....g 0.148 1 0.363 0.336 0.167 Histidine.....g 0.122 0 1 0.299 0.277 0.138 0 1 Alanine.....g 0.211 0.517 0.479 0.238 Aspartic acid......g 0.391 0 1 0.958 0.888 0.442 0.965 0 1 2.364 2.191 1.090 Glutamic acid.....g Glycine.....g 0.119 0 1 0.292 0.270 0.134 0.584 0 1 1.431 Proline.....g 1.326 0.660 1 0.747 0.692 Serine.....g 0.305 0 0.345 Hydroxyproline.....g Others: Alcohol, ethyl......g 0.0 0 7 0.0 0.0 0.0 Caffeine....mg z

NDB No. 01295 Yogurt, vanilla, non-fat

Amount in 100 grams of edible portion

Number

of Data Deriv Source Confidence

Nutrients and Units

Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz) Measure 2 = 227g: 1 container (8 oz) Measure 3 = 113g: .5 container (4 oz)

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 01 Dairy and Egg Products